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HOW TO BE A HOMEWORK HELPER
GET YOUR KIDS ON THE RIGHT PATH {page 28}

BAD, u
SINGER FINED FOR RACY VID DISH {page 18}

TORONTO metro®
Wednesday, August 18, 2010
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Not a better way after all?

- Traffic lights could undermine speed of proposed new streetcar line: TTC official
- TTC will meet with city and Waterfront Toronto this week to discuss solutions

RICK EGLINTON/TORSTAR NEWS SERVICE

▶ While streetlights give pedestrians — such as these folks at Queen's Quay and York — a chance to cross the road, they could also mean a new streetcar line meant to provide a faster option on the waterfront could actually end up being slower than originally hoped.

It's supposed to move more people faster than its plodding counterparts on King and Queen streets.

But the TTC says a glut of traffic lights is threatening the vision for a new East Bayfront streetcar line running from Union Station, south to Queen's Quay and then east along the lake.

The line, which is supposed to carry 70 per cent of the people moving in and out of the developing waterfront area, will be part of a radically different street design.

"The issue really is the accumulation of all these signals. When you add them all up, it's like death by 1,000 cuts."
GARY WEBSTER, TTC CHIEF GENERAL MANAGER

The streetcars will travel in both directions on the south side of Queen's Quay and car traffic will move in both directions on the north side. But that means that traffic signals are needed for every driveway south of Queen's Quay so cars can cross the tracks. The East Bayfront line is also supposed to be faster than the 10 to 12 kilometres per hour most city streetcars average. The TTC projects East Bayfront will move at between 13 to 15 kilometres an hour.

But that efficiency is being threatened by as many as 20 traffic lights along the three-kilometre stretch of Queen's Quay between Spadina and Parliament.

TORSTAR NEWS SERVICE

Sports

NHL looks outside the box

Research and development camp to test potential rule changes No-touch icing, modified faceoffs, off-ice refs among proposals {page 31}

Olympic 'magic' on our dime

Government paid thousands to buy mascot suits {page 6}

It's not what you know, it's who you know

Fortunately, you already know them, says author of new book on networking {page 24}

Four-wheeled relationships

Mike Goetz muses about his latest auto fling {page 36}

Greetings from Asbury Park

Plenty to see on this famous Jersey shore {page 20}

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Banana muffin too bitter a pill to swallow

A woman says she found a pill while biting into a banana muffin she bought at a No Frills grocery store in Oshawa.

Police took the pill and the rest of the muffins in the package for testing.

No pills were found in the other muffins.

The woman did not ingest the pill and she did not become sick from the muffin.

Police say the muffin was in a sealed plastic container, and they are working with No Frills to determine how the pill got into the muffin.

THE CANADIAN PRESS

Man faces sex assault charges

An Ajax man is facing charges involving two teenage girls. Durham Regional Police allege the man sexually assaulted a 14-year-old and a 16-year-old, who were both known to him, on several occasions, beginning in 2009.

Daniel Jarvis, 41, is charged with sexual assault, sexual interference, possession of child pornography and making child pornography.

THE CANADIAN PRESS

Crash victim identified

The young woman passenger who died after she was ejected from a vehicle on Highway 427 on Monday night has been identified as Allison Strachyra, 22, of Toronto. Police say the Pontiac Sunfire went out of control, travelled across three lanes of traffic and down an embankment.

THE CANADIAN PRESS

ANDREW WALLACE/TORSTAR NEWS SERVICE

▶ Energy Minister Brad Duguid says higher rates pay for investments in the system to create a more stable power grid.

Biggest users get big break

Minister says homeowners will see rates drop, not go up 40 companies allowed time-of-use pricing

Large, industrial power users in Ontario were given a much-hoped for break on electricity pricing yesterday that the government said would not result in higher rates for consumers and small businesses.

Over 40 large companies, including Ford, Imperial Oil, Petro Canada and Vale Inco, will be allowed to shift to time-of-use pricing to lower their electricity costs — the same pricing plan available to most homeowners, said Energy Minister Brad Duguid.

The power pricing change will help make those large industrial users more competitive, allowing them to reinvest in their businesses and create more jobs, said Duguid.

The minister dismissed reports that consumer rates could jump as high as $48 a year because of the change to benefit industrial users as "patently false," and said it would have such a small impact on homeowners as to be effectively neutral.

"It's more likely to be minimal savings, with a small potential for a very, very small, minimal increase," said Duguid. "It's more likely to be minimal savings than any minimal increase."

THE CANADIAN PRESS

Power play

- **Less competitive.** The Association of Major Power Consumers of Ontario has complained for years that energy costs have steadily become less competitive with rates in neighbouring Manitoba and Quebec.
- **Higher costs.** The addition of the HST, a $5 monthly charge for smart meters and a new Green Energy fee all combined with a hot, muggy summer to drive up electricity costs for Ontario consumers.

Toronto Zoo's oldest gorilla Samantha dead

A gorilla who was a longtime attraction at the Toronto Zoo has been euthanized. Samantha, a 37-year-old Western Lowland Gorilla, was put down after suffering a major stroke on Monday that had left her in critical condition.

The animal had suffered a previous stroke in mid-July that paralyzed the right side of her body.

5 Samantha arrived at the Toronto Zoo in 1974 and produced five offspring. Two of them, Shalia and Sadiki, are still at the zoo.

Samantha was the eldest of the gorilla troop's seven members.

THE CANADIAN PRESS

TONY BOCK/TORSTAR NEWS SERVICE

▶ Samantha

News in brief

Kite-flying in park banned

STRING. The City of Toronto has banned kite flying in Milliken Park in northern Scarborough, punishable with a $100 fine. Coun. Chin Lee says at issue is the popular pursuit of kite fighting which leaves metres of string and ravaged kites littering the park that has injured birds, snared animals and cut people.

TORSTAR NEWS SERVICE

McGuinty to shuffle cabinet

CHANGES. Premier Dalton McGuinty will shuffle his cabinet today, putting in place the team he wants for next year's election.

Environment Minister John Gerretsen could be forced to take a bullet over the eco fees fiasco, with John Wilkinson moving over from Revenue after successfully handling the HST.

THE CANADIAN PRESS

1 news

News on the move

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Spindoctor on the goodwill earned during Michael Ignatieff's summer road trip. More at metronews.ca/blogs

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Experts warn about MP3 players after study finds spike in teen hearing loss. Scan code for story.

Teachers reject bid to ban wireless tech

Levels of radiofrequency energy from Wi-Fi are typically well below federal safety limits: Health Canada

A controversial proposal from a group of Ontario teachers to ban wireless Internet from schools over concerns it's harming children fizzled out yesterday.

A resolution aiming to get wireless technology out of classrooms that was put forward by teachers in the Niagara region was soundly defeated at the annual general meeting of the Elementary Teachers' Federation of Ontario.

Health Canada says scientific evidence shows that exposure to low-level radiofrequency energy is not dangerous

Some parents formed the Simcoe County safe school committee when they became concerned Wi-Fi was the cause of symptoms their kids experienced that would clear up on weekends and holidays.

THE CANADIAN PRESS

Feds consulted

- Education Minister Leona Dombrowsky said she is expecting an answer "within weeks" from the federal health minister on the question of whether wireless Internet technology is safe in Ontario schools, after sending a letter with parents complaints. Her ministry has received complaints from the Simcoe area and the Peterborough area so far, she said.

500

In the room of more than 500 teachers it appeared most held up red "con" cards yesterday, with just a few dozen supporting the proposal.

TARA WALTON/TORSTAR NEWS SERVICE

▶ Education Minister Leona Dombrowsky speaks at the annual meeting of the Elementary Teachers' Federation of Ontario yesterday. Teachers have voted down a proposal urging all Ontario school boards to scrap Wi-Fi because of fears it could damage children's brains.

Harper on hand for start of transit project

Stephen Harper was in Mississauga yesterday to mark the start of construction on a rapid transit project expected to ease congestion in the Greater Toronto Area.

The prime minister called the project that will see a dedicated bus corridor serve thousands of commuters each day the "public transit equivalent of a super highway."

Construction began yesterday on the previously announced Mississauga bus rapid transit project and is expected to be completed in 2013.

Harper says when the rapid transit system is in operation, commuters will be able to bus from one end of the region to the other as fast or faster than they can now by car.

The bus corridor will run from Winston Churchill Boulevard to Renforth Drive parallel to Highway 403 and Eglinton Avenue.

Harper says the government has invested billions in public transit and transportation infrastructure because improving the efficiency of public transit benefits the economy.

"We also understand that the exhaust from millions of cars and trucks stuck in gridlock is a hazard to public health and a major sources of greenhouse gases in our country," Harper said.

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper makes a transit announcement in Mississauga yesterday.

Court approves Magna buyout

FRANK GUNN/THE CANADIAN PRESS

▶ Frank Stronach

Magna International's controversial plan to pay a hefty premium for founder Frank Stronach to give up his voting control of the company has received the blessing of an Ontario court.

Justice Herman Wilton-Siegel said yesterday he was satisfied that the transaction is "fair and reasonable" to Magna's shareholders, in large part because those shareholders appear to have reached the same conclusion when they approved it at a vote held last month.

Members of a vocal minority of opposed shareholders said they were "disappointed" by the decision, but had not yet decided whether to appeal it.

THE CANADIAN PRESS

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▶ Quatchi, left, Miga and Sumi cost taxpayers more than $88,000 according to a report.

Sasquatch comes with an Olympic sized price tag

Cost would have been an estimated $300,000 if rented through the Olympic organizing committee

If it seemed like the 2010 Winter Olympic mascots were everywhere before the start of the Vancouver Games, it wasn't magic.

It was taxpayers' money.

The federal government spent $16,000 to buy its own set of Quatchi, Miga and Sumi costumes to dazzle crowds at more than 23 events over the year leading up to the Games.

The government also spent $4,650 to train actors to play the carefully crafted characters that were a major success of the Olympic marketing machine.

"Actors hired by the 2010 federal secretariat took part in an intensive training program hosted by (Olympic organizers) to ensure that Sumi, Miga, and Quatchi would live up to a consistent standard of bringing along their magic, rain or sunshine," reads the government's 2008-2009 report into its Olympic-related activities.

$1.2B
The federal government had a $1.2 billion budget for the Games. A final report on spending is expected later this year.

The total budget for outfits, training and travel was $88,849.

The report was posted online last month, a year later than scheduled.

The B.C. government revealed earlier this year that it had secretly boosted Olympic coffers to the tune of $50 million.

The decision to buy a set of mascot costumes was actually made to save money, the report said.

Meeting the demand for mascot appearances by government departments would have cost an estimated $300,000, if the suits had to be rented from the Olympic organizing committee, known as VANOC.

But don't expect to see the mythical creatures anywhere else soon.

The committee gave two full sets of Olympic mascot costumes to the museum of Vancouver's 2010 legacy collection, one was sent to the International Olympic Committee in Lausanne and one went to the Olympic Hall of Fame and Museum in Calgary. THE CANADIAN PRESS

Roll out welcome mat for Tamils, Liberals say

The Liberals are urging the Harper government to show more compassion for the boatload of Tamil migrants who landed in British Columbia last week.

Liberal MP Marc Garneau says that since the MV Sun Sea arrived last Friday, the government has been fixated on suspicions that the ship is part of an organized human smuggling ring and that some of its passengers may be terrorists.

Garneau is urging Public Safety Minister Vic Toews to "lower the tone" of the government's rhetoric.

He says Toews needs to remember that many of the estimated 490 Tamil men, women and children may be genuine refugees.

"If you look at (the reaction of) Mr. Toews, there's a little bit too much on terrorism and human trafficking and not enough perhaps to indicate, I would say, a little bit of a level of compassion," Garneau told a news conference.

"So just a sense of proportion on this whole thing would be nice." THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

▶ Liberal MP Marc Garneau

Civil war

Garneau said the arrivals represent only about two per cent of the refugee claimants who arrive in Canada each year.

- Reporters have been given access to the detention hearings for the 492 Tamil migrants who arrived on a freighter last week. But there are conditions, including a ban on any details that might identify the refugee claimants.
- The migrants say they've faced persecution in Sri Lanka since last year, when a decades-long conflict between the Sinhalese government and separatist Tamil Tigers came to a bloody end.
- The migrants claim to have escaped mass murders, disappearances and extortion.

Veterans' aid stymied: Official

The country's soon-to-be former veterans ombudsman is accusing federal bureaucrats of "cheating" war widows and saying it's better for the country if soldiers die in Afghanistan rather than come home wounded to be a burden on the treasury.

Pat Stogran painted a picture yesterday of veteran's care — one that contradicts the government's assurance of standing behind the troops.

"It is beyond my comprehension how the system could knowingly deny so many of our veterans the services and benefits that the people and the government of Canada recognized a long, long time ago as being their obligation to provide." THE CANADIAN PRESS

U.S. says suicide bomber won't stifle Iraq

The White House is vowing the suicide bombing at a Baghdad army headquarters will not stop Iraq's transition to democracy — or the U.S. troop withdrawal.

Deputy press secretary Bill Burton told reporters Friday that both are "firmly on rack."

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U.S. troops are scheduled to end their role in major combat operations by the end of the month.

Scan the code for the story. THE ASSOCIATED PRESS

Chalk River reactor resumes

The first batches of medical isotopes to come out of the Chalk River nuclear reactor in more than a year should start arriving at clinics soon.

Atomic Energy of Canada Ltd. said the Ontario reactor has resumed isotope production. What was originally supposed to be a month-long shutdown dragged on for more than a year. Doctors have been scrambling to make do with an erratic supply of medical isotopes to diagnose cancer and heart ailments.

The 53-year-old reactor supplied a third of the world's medical imaging isotopes until AECL shut it down in May 2009 after discovering a pinhole-size radioactive water leak. THE CANADIAN PRESS

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Life as an International Student in Canada

Canada is one of the most attractive countries for Chinese students to pursue their studies. Since International students are far away from their parents and friends at a very young age, they are facing many challenges, such as how to pay the tuition fees, get a cell phone connection, look for a place to live, and many more. Settling down in a new country is not easy for an international student. Moreover, for students arriving with a large amount of cash in hand, depositing that money in a Canadian bank becomes a priority, and they will find that getting debit and credit cards are really important once they arrive in Canada.

Zhewen XU, from Hangzhou, China, arrived in Toronto in July of this year to pursue her undergraduate studies at York University. "Before I came, I had no idea about Canadian banks. I searched on-line and found that the Chinese banks have limited branches in Canada. However, through the *Scotiabank StartRight*® website in Chinese, I got to know that students could open a Scotiabank account at China Everbright Bank (CEB), Scotiabank's partner in China, before leaving their home country. Students can also wire transfer their funds to their Canadian bank account in advance. This is safe and convenient, and it is definitely an advantage compared to any other Canadian bank. While I was at a local CEB branch, I remember that many other Chinese students coming to Canada were using the same service as well. It only took me an hour for the entire application including consultations; I couldn't believe how easy it was."

Upon arrival in Toronto, Zhewen went to Steeles & Silverstar Branch in Scarborough to activate her account. Jack Yan, the Personal Banking Officer, provided her with good advices on how to take care of her finances. "The branch staff are highly service oriented, and they speak Chinese, which in particular, made me feel very comfortable." The Branch Manager Isabella Ho also comments that Scotiabank has always pursued to provide appropriate and excellent services to all newcomers to Canada.

Bin LU, a student from Beijing, China, also arrived in Canada in July of this year. He is currently studying at Brock University, majoring in International Master of Accountancy. When he opened his account in China, the Account Manager at CEB Beijing Branch recommended both ***SCENE***™* **VISA*** credit card and ***L'earn***™ **VISA** credit card offered by *Scotiabank StartRight*® Program to him with no annual fee, not just for convenience, but also for the fact that he can either enjoy free movies at Cineplex Entertainment theatres or earn up to 1% *Moneyback*® rewards every year. Most importantly, he can gradually establish his credit history in Canada by using the credit card.

Like many international students, when Bin received the admission letter, he was really excited to go to a new country for studying. However, as the time to leave was approaching, this feeling of excitement was transformed to anxiety and uncertainty because this was the very first trip away from home by himself, and he knew he would be far away from home for a while. "Upon my arrival, the free calling card that was part of the *StartRight* Welcome Package was very helpful for me to call my parents in China, and tell them that I had safely arrived. Also, the free subscription to National Post helps newcomers like myself to understand and appreciate Canada's culture and lifestyle".

Both Zhewen Xu and Bin Lu are just two of over 13,000 Chinese students that come to Canada every year. After they have arrived in Canada, they have to get familiar with and adapt to many things, and they are looking for help in every aspect. "Scotiabank has partnered with many Canadian universities and student bodies to help as many as 85,000 international students coming to Canada every year to achieve a smoother transition", said Gina Li, Director of Asian markets, Multicultural Banking, "At Scotiabank, we provide financial solutions tailored to the needs of the students and are committed to helping them get settled faster and easier".

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Jack Yan, Personal Banking Officer at Steeles and Silverstar Branch with Scotiabank customer Zhewen Xu.

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Facebook furor over Israeli's detainee photos

- 'I did not humiliate' blindfolded captives, she says
- But ex-soldier is condemned by army, Palestinians

THE ASSOCIATED PRESS

▶ This photo was posted on Eden Aberjil's Facebook page.

A former Israeli soldier who posted photos on Facebook of herself in uniform smiling beside bound and blindfolded Palestinian prisoners said yesterday her actions were "thoughtless."

But she said she was surprised the pictures were viewed as offensive.

"I did not humiliate those detainees. I didn't hit them, I didn't act toward them unpleasantly," said Eden Aberjil.

Both the Israeli army and Palestinian officials condemned Aberjil over the photographs — one of which was accompanied by an exchange with a friend including jokes and sexual innuendoes.

Because she has completed her mandatory service, however, it's unclear whether she'll face any disciplinary action.

The pictures were vaguely reminiscent of the snapshots taken in 2003 by U.S. soldiers at an Iraqi prison showing Iraqi detainees, humiliated and terrified.

Capt. Barak Raz, an Israeli military spokesperson, said the pictures amount to "a serious violation of our morals and our ethical code."

THE ASSOCIATED PRESS

Pakistan. Now famine?

▶ Young flood survivors rush to quench their thirst with drinkable water in Nowshera, Pakistan, yesterday.

MOHAMMAD SAJJAD/THE ASSOCIATED PRESS

Food trucks mobbed

Victims of Pakistan's floods mobbed relief trucks carrying food yesterday and authorities in the northwest warned of famine unless the region's farmers get immediate help with planting new crops. The floods began three weeks ago, but there is little sign conditions are improving for 20 million people affected. Thousands of villages remain under water and 1,500 people have been killed. The World Bank said it will direct $900 million US of its existing loans to Pakistan for use in flood recovery.

Governor guilty, but mistrial looming

A federal jury yesterday found former Illinois Gov. Rod Blagojevich guilty of one count of lying to federal agents, and the judge said he intends to declare a mistrial on the remaining 23 counts.

Blagojevich showed no emotion as the verdict was read in Chicago.

Prosecutors said immediately they intend to retry the case against Blagojevich and his co-defendant brother, Robert Blagojevich, as soon as possible.

It had been clear that jurors were struggling. Last week they had reached a unanimous decision on just two counts.

THE ASSOCIATED PRESS

Obama link

- One of the charges had included the accusation the pair had tried to sell or trade Barack Obama's old Senate seat.

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Guy Lafleur out of penalty box on perjury charge

Montreal Canadiens Hockey Hall of Famer acquitted of giving a contradictory testimony at his son's bail hearing

PAUL CHIASSON/THE CANADIAN PRESS

▶ Guy Lafleur

Quebec's highest court has acquitted hockey legend Guy Lafleur, saying there was reasonable doubt he ever intended to mislead anyone when he testified at his son's bail hearing.

Lafleur was convicted in May 2009 of giving conflicting testimony. A month later, he was handed a suspended sentence and a $100 fine and ordered to donate $10,000 to a youth rehab centre.

But the Quebec Court of Appeal ruled yesterday the trial judge erred when he decided Lafleur knew his son Mark was supposed to remain at his parents' home when he was away from the rehabilitation centre where he resided.

Mark Lafleur, who is now in his mid-20s, pleaded guilty in February 2009 to several charges including uttering death threats, forcible confinement and assault. He was given a 15-month conditional sentence.

Guy Lafleur's problems began after he told his son's bail hearing in September 2007 that Mark Lafleur always respected his court-ordered curfew and never consumed drugs or alcohol while under his supervision.

But at another hearing a month later, court was told the elder Lafleur twice drove his son to a hotel for an intimate encounter with his 16-year-old girlfriend. Lafleur had not mentioned that.

THE CANADIAN PRESS

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News in brief

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+ 53¢ US ($75.77 US)	1,000 cu ft $4.255 (+ 2.7¢) Gold contracts $1,228.30 (+ $2.10)

Rogers picks ex-CTV exec

APPOINTMENT. Rogers Communications has appointed former CTV executive Keith Pelley, 46, to head up its media division that includes the Toronto Blue Jays.

THE CANADIAN PRESS

Microsoft's phone aimed at gamers

Company linking Windows phone hub to Xbox Live service Preliminary lineup of games announced

ROBYN BECK/AFP/GETTY IMAGES

▶ Attendees test a display at the Microsoft booth at the Consumer Electronics Show in Las Vegas earlier this year.

Microsoft Corp. is bringing its video-game expertise to its Windows Phone 7 line, an attempt to capitalize on the success of the Xbox 360 as the software maker tries to compete with Apple Inc.'s iPhone.

Microsoft says a group within Microsoft Game Studios will develop video games for Windows phones, help outside game publishers and scout out small game makers. Video game companies will be able to use the same tools to make a game for a Windows phone or for the Xbox 360 console.

The company is also announcing a preliminary lineup of games that will be available when the phones go on sale during the holidays. The list includes Xbox 360 console games such as Halo Waypoint, Crackdown 2: Project Sunburst and Guitar Hero 5, as well as newcomer ilomilo, a puzzle game.

Microsoft is linking the Windows phone games hub to its Xbox Live service, which about 25 million Xbox and PC gamers already use to check out new games, keep track of scores and send messages. On Windows phones, Xbox live members will be able to do those things, plus interact with their animated game-world avatar.

THE ASSOCIATED PRESS

Smart moves

While Microsoft has been working on its next-generation smart phone system, the iPhone and devices running Google Inc.'s Android system have exploded in popularity. Apple has advertised its iPhone and iPod as ideal mobile gaming devices.

- **Buyers.** Microsoft's Xbox chops may help sway some phone buyers who are already into video games.
- **Kinect.** The company is also hoping that Xbox Live on Windows Phone 7 devices might get a boost from the upcoming launch of Kinect, a motion-sensing game controller for the Xbox 360. Like the Nintendo Wii, Kinect is expected to lure people who haven't traditionally been interested in video games.

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BIG IDEAS IN THE BIG SMOKE

Just sayin'

PAUL SULLIVAN

I kinda miss Mel Lastman.

Mel wasn't afraid to think big. As mayor of Toronto, he called in the army to deal with a snowstorm. In Canada.

Before flying to Kenya to lobby for the 2008 Summer Olympics, he uttered this legendary quote: "What the hell do I want to go to a place like Mombasa? I'm sort of scared about going out there, but the wife is really nervous. I just see myself in a pot of boiling water with all these natives dancing around me."

The games subsequently went to Beijing.

A guy like Mel is hard to replace. Fortunately, there must be something special in the city water supply, because the former furniture mogul appears to have a successor.

Meet Giorgio Mammoliti, Toronto councillor and former mayoralty candidate who is not afraid to be like Mel.

His platform included a casino, a lottery and a red light district, but — amazingly — that wasn't enough to nudge him out of last place in the polls, so he withdrew to focus on retaining his seat. He did promise to try again in the future, though, so all is not lost.

"The $2.5-million entity would thrust 125 metres tall into the North York smog ... topped with a Canadian flag the size of a football field."

And his latest big idea is worthy of Mel Lastman. If council gets behind it, he'll finally come first in the poles: We're talking about North America's largest flagpole, to be located in the middle of the urban wilderness at Finch and the 400. If you've spent any time at all in Toronto, you've never been to Finch and the 400 unless you were hopelessly lost.

An odd target for urban renewal as there's nothing there to renew.

But all that will change, as Giorgio champions the, um, erection of a pole that may not challenge the CN Tower for Toronto's largest phallic symbol, but will definitely own the phallic/patriotic showoff category. The $2.5-million entity would thrust 125 metres tall into the North York smog, about the height of a 40-storey building, topped with a Canadian flag the size of a football field.

The only other poles hoisted higher than Giorgio's dream petard are in the Middle East, the two tallest in Jordan, of all places, at 130 and 126 metres respectively.

This formidable flagpole will no doubt cement Toronto's status as a world-class city and give the folks in Jordan something to worry about, but the guy who stands tall, who isn't afraid to be measured, is Giorgio Mammoliti.

Move over Mel! Finally, someone beats the Bad Boy at his own game.

Cartoon

MICHAEL DE ADDER

Redefining prime time

Worth mentioning

Time-shifting: TV's future

TORSTAR NEWS SERVICE

If you've never time-shifted a prime-time television series — watched it later on a DVR, over the Internet or ordered it on demand — you're in the minority.

A survey of viewers conducted on the eve of the new fall season quantifies what has become commonplace in millions of American homes: People are putting themselves in charge of their own TV schedule.

Sixty-two per cent of U.S. viewers interviewed in a poll conducted for that nation's largest cable company, Comcast Corp., said they have used time-shifting technology. Six in 10 people said they owned a digital video recorder.

Among the new majority is Bethany Hardy, 36, of Arlington, Va., a writer and mother of a three-year-old. She said she and her husband rarely watch live television.

"It's a generational thing," she said. "All of my friends are pretty much the same way."

Hardy said it's after 9 p.m., when the toddler has been put to bed and she's cleaned the house a little, that she has time to think about catching up on her favourite shows.

The survey found that 60 per cent of viewers report time-shifting more than they did a year ago.

THE ASSOCIATED PRESS

Are you concerned about the new superbug?

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Metro Minute with Chinos Locos

It's hard to walk two blocks without bumping into a burrito joint. Sadly, most are about as authentic as that fake ID you bought on Dundas Street in Grade 11.

That's what makes Chinos Locos (Translation: Crazy Asians) such an interesting find. Partners Victor Su and Minh La started with a base of Tex Mex cuisine, and married it to a host of fresh Far East flavours. Typical toppings include a mix of guacamole, cilantro, tomatoes … chow mein noodles, and edamame.

Strange? No, inspired.

These Chinos Locos have taken the best of Toronto's multicultural fusion and resuscitated a tired food category in the process.

JORDANA DIVON

CONTRIBUTED

▶ You can find this succulent pork and chow mein burrito at 4 Greenwood Ave. or 459 Church St.

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Everyone says that the hardest thing to do once you make it is to not change who you are
According to Ice Cube though, it's not the the people who make it big that change but the people around them

METRO WORLD NEWS

▶ Ice Cube says he can relate to his character Kevin Carson, in his new movie the Lottery Ticket.

Ice Cube alienated by his success

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

"Who was cool with me before I made the money is going to be cool with me now" ICE CUBE

Ice Cube had no trouble relating to Kevin Carson, the young protagonist in Lottery Ticket — opening Friday — whose life turns upside down when he wins $370 million US.

"The first thing they tell you is, 'Don't change!' What you realize is you don't change that much. It's just everybody around you," he says of his rise to fame 20 years ago as a rapper with NWA. "You find yourself kind of alienated. Everybody's talking about you before you get there, and you can feel it. It's just a whole different thing."

As a successful rapper, actor, producer, writer and director, he's seen incredible success, but he's also seen the downside of it, and he cautions young artists from getting too obsessed with fame. "Everybody that wants to be successful should always be careful what you wish for," Cube says." A lot of artists and entertainers want to put the genie back in the bottle. They wish they could go back to being who they were."

But Cube himself has managed to maintain an even keel, with no desires to put that genie back. The trick, he insists, is to keep your wits about you — and to know who your friends are. "You've got to make adjustments," he says. "Who was cool with me before I made the money is going to be cool with me now. Who wasn't cool with me before I made this, I'm giving them problems all the time like I was before. You know, don't get nice on me now."

First-time directors

For Lottery Ticket, producer Ice Cube handed the reins over to first-time director Erik White, who'd made a name for himself in music videos. "We work with a lot of first-time directors. We always have, probably always will," Cube says. "We like the collaborative spirit of first-time directors. I think we do well with them."

For Cube, nurturing young artists is a major part of his company's philosophy. "There's a lot of gems in our community or in our world, he says. And he insists there were no worries about whether White could handle the pressure — and no power struggles, even though Cube was also on set as an actor for the film. NED EHRBAR

2 scene

Quoted

"It is getting hard for people — they see Haiti, they see these other events ... and they get exhausted by the time another big one rolls around...mass death, mass displacement, and this situation is going to get worse"
ANGELINA JOLIE ON PAKISTAN'S FLOOD VICTIMS

Marilyn's dress, Michael's glove: Auction-goers vie to own a piece of fave stars

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The Big C avoiding the big D

Why a 'cancer comedy' isn't depressing, about dying, or writing itself into a hole ◆ Star Laura Linney on giving yourself permission to truly live

▶ Executive Producer Laura Linney and actor Oliver Platt speak onstage during The Big C panel during the 2010 Summer TCA in July.

The Big C calls itself a "cancer comedy," seemingly an oxymoron of a label.

But this tale of how high school teacher Cathy Jamison (the fantastic Laura Linney) reacts to her diagnosis of stage 4 melanoma — mostly in humorous scenes of the uptight 42-year-old's emotional liberation, like ordering "just desserts and liquor" at a restaurant — is much more a contemplative celebration of how we each choose to live life.

"When I created this show, I thought, who doesn't need to laugh more than someone who is dealing with cancer in any sort of way," says series executive producer Darlene Hunt. "But it's also a show about living and not dying. It's a show for everybody because we are all on borrowed time."

"When I created this show, I thought, who doesn't need to laugh more"
DARLENE HUNT

As for how Cathy chooses to spend the remainder of her days — including not initially telling anyone about her illness — Linney says Cathy is "learning from the mistakes that she makes. She's learning from the actions that she does that are positive. And more than trying to have a bucket list, I think she's trying to figure out who she wants to be. What she wants to do is certainly part of it; there's a lot of fun stuff that she does do because when you're dying you're sort of liberated to do what you want to do. You give yourself permission."

While The Big C is about a woman with terminal cancer, her impending death isn't the focus.

"We don't think in terms of when are we going to kill (Cathy) because the show is much more about the exploration of what she's going to be doing while she's alive," says executive producer Jenny Bicks. "But if it comes time that she goes, she goes. We are not going to be afraid of that."

METRO NEWS SERVICES

TV watch list

Awards to be all Family

EMMY NODS. If you want to be well-prepared for this month's Emmy Awards, plan to spend some quality time with Modern Family, which is up for 14 awards. Five cast members — Julie Bowen, Sofia Vergara, Ty Burrell, Eric Stonestreet and Jesse Tyler Ferguson — are up for awards

▶ Modern Family
City TV and ABC

Hell's fires find a new pan

MORE RAMSAY The top 14 contestants enter the kitchen together for the very first time on MasterChef. Somehow, it seems unlikely that judge Gordon Ramsay will go easy on them.

▶ MasterChef
CTV and Fox

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Wife goes from 'Good' to Sexy in Season Two

CBS series gets downright racy, says Margulies

Things will be getting a little steamy on the new season of The Good Wife.

Before giving a tour of the Brooklyn set for CBS' hit drama on Monday, CBS showed reporters clips of a scene for the second season debut that depicted the estranged couple played by Julianna Margulies and Chris Noth getting intimate.

Noth plays disgraced Chicago politician Peter Florrick, who gets turned on by seeing his wife Alicia work forcefully as a lawyer in the courtroom for the first time. He comes on to her in the bathroom of their apartment that night and she resists. But before the scene fades out, it's clear that the couple is about to get intimate.

"There's definitely a new playing field," Margulies told reporters.

Margulies said it becomes clear in the characters' relationship that they work the same way and it's a turn-on for both of them.

It's not clear how much of the scene will be shown during the Sept. 28 premiere. The clip still hasn't gone through the CBS standards department, network spokeswoman Lana Kim said.

The show, itself inspired by real-life episodes of philandering politicians and their wives, will continue to be inspired by the headlines this season. The BP oil spill becomes part of one story, Margulies said.

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▶ The Good Wife returns Sept. 28 at 10 p.m. on Global.

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A Phoenix far from rising

Those looking for answers following Joaquin's odd ball antics last year can find some at this year's TIFF

Casey Affleck's controversial movie about Joaquin Phoenix's attempt to launch a hip-hop career will screen at next month's Toronto International Film Festival.

I'm Still Here marks the directorial debut of Affleck, whose acting credits include 2007's Gone Baby Gone, which was helmed by his brother Ben.

Phoenix caused a sensation last year when he declared his intention to quit acting in favour of music.

A series of bizarre appearances followed, including a memorable guest spot on Late Show with David Letterman, during which Phoenix — sporting a shaggy beard and sunglasses — was mostly incomprehensible.

The incident prompted many to wonder if Phoenix's music career was an elaborate put-on in service of Affleck's film project. Buzz about the film hasn't exactly been entirely positive. Details of an advance screening for film buyers were leaked to the L.A. Times, with reports circulating that the film featured more nudity than a pornographic movie and that someone defecates on Phoenix while he sleeps.

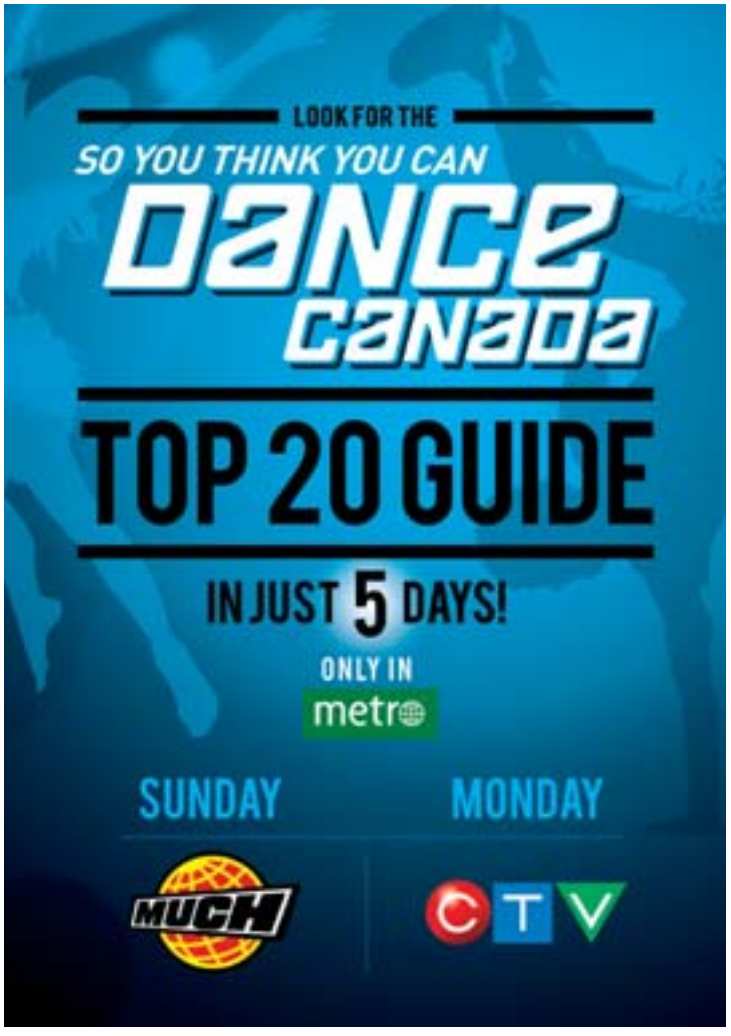
THE CANADIAN PRESS

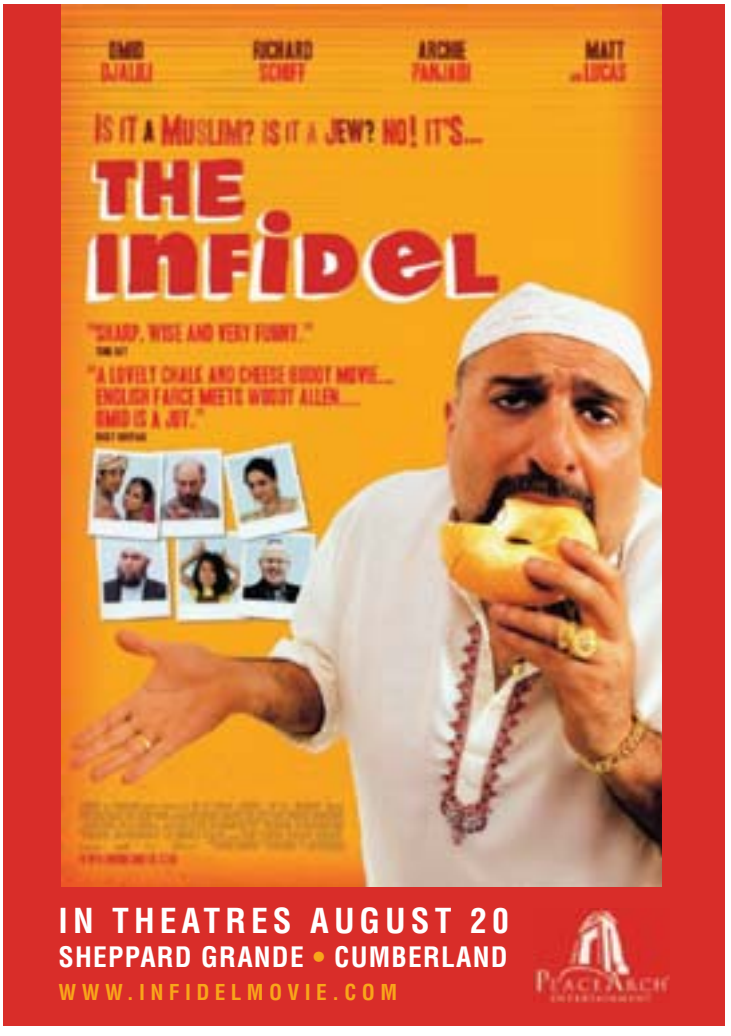
▶ Joaquin Phoenix appeared on the Late Show with David Letterman in what has now become a legendary interview.

TIFF

The Toronto International Film Festival made other announcements this week.

- **Big stars** The festival also announced that it will feature the latest from Danny Boyle. Based on a true story, 127 Hours stars James Franco as a mountain climber trapped in a Utah canyon.
- **Slumdog** Boyle was the toast of Toronto two years ago, winning the audience choice award for Slumdog Millionaire, which went on to nab the Academy Award for best picture.
- **More stars** Other marquee stars have also been confirmed for the fest. Clint Eastwood, Dustin Lance Black, Liv Tyler, Kevin Bacon and Canadian Ellen Page, Will Ferrell, Keira Knightley and Sam Worthington will attend.





Badu gets fine, probation for video striptease

Singer reportedly paid $500 US to the city of Dallas for baring all at JFK assassination site

A city spokesman says singer Erykah Badu has paid a $500 US fine and will serve six months of probation for stripping during a music video shoot at Dealey Plaza in Dallas, where President John F. Kennedy was fatally shot in 1963.

Badu performed a walking striptease March 13 for her Window Seat music video. The video ends with a nude Badu falling to the ground as if she has been shot.

Police in April cited her for disorderly conduct after a witness made a sworn complaint. A number of children were among the tourists and other random passers-by seen on the video.

Dallas city spokesman Frank Librio says Badu paid the fine Friday, and there was no word on details of her probation.

A spokeswoman for the singer did not immediately comment.

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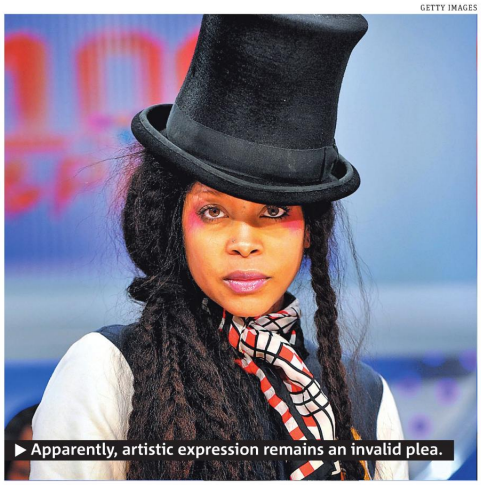

▶ Apparently, artistic expression remains an invalid plea.

GETTY IMAGES

▶ And he handled it all with his characteristic humility.

Charges cleared for TV cop

Ice-T has been cleared of unlicensed driving charges stemming from a New York City arrest.

The rapper-actor called out "that's what I'm talking about — dismissed!" in a Manhattan courtroom yesterday. Prosecutors did just that to the misdemeanour case.

The entertainer, born Tracy Marrow, said last month when he was arrested that he had a valid New Jersey license.

Prosecutors said yesterday that New York Department of Motor Vehicles records wrongly reflected that his license was suspended because of a lack of insurance. Ice-T says he didn't know about the glitch in New York records and "never broke the law."

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Fishburne disowns daughter

Montana Fishburne says her decision to release a sex tape has caused her father, Laurence Fishburne, to shun her. "You embarrassed me," he said, she tells TMZ. "You used your last name. No one uses their real name in porn." Despite the rift, Montana is hopeful the two will reconcile. "I feel pretty confident that I can work things out with him," she says. "I think he wants to support me in everything I do, and though he sees this now as a negative, I believe in time he will view it as a positive."

METRO WORLD NEWS

GETTY IMAGES

▶ Daddy's little worst nightmare.

Talking points

Jude and Sienna shacking up

QUICK! CALL NANNY 911. Jude Law's rekindled romance with Sienna Miller is apparently going well enough for the pair to move in together, as they are reportedly buying a $5.4 million US London home, according to the Daily Mirror. "A friend of a friend had a brilliant place in north London going and, after two viewings, they decided to go for it — and put an offer in," a source says.

Eat, Pray, Fight

THEN REPORT TO THE ENQUIRER. Julia Roberts is reportedly hooked on Hinduism after filming Eat Pray Love in India, telling Elle magazine that her entire family goes to temple to "chant and pray and celebrate. I'm definitely a practicing Hindu." But husband Danny Moder is said to be furious about it, sources tell the National Enquirer. Moder isn't thrilled about Roberts raising their three children according to the Eastern religion, even going so far as to give them Hindu names. The disagreement reportedly came to a head in a heated argument at their Malibu home earlier this month.

METRO WORLD NEWS

Do you Hindu? Julia does.

Celebrity tweets

Wilmer Valderrama [@Willyville] Today, something special will happen!.. I can feel it..

Katy Perry [@katyperry] I just played in what felt like a steam room in latex. I can't believe I didn't full faint... summers in Tokyo are HOOOOT!

Nathan Fillion [@NathanFillion] Ever eat a bowl of cereal and you are so tired you think, "Was that milk bad?"

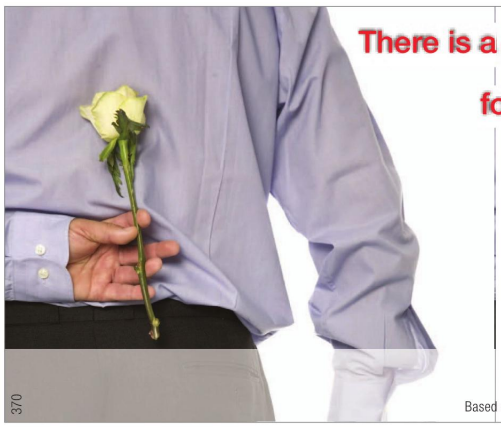
Marcia Cross [@ReallyMarcia] In the first 15 minutes of Peter Pan, Tinkerbell looks in a mirror and thinks she is fat!!!! I was blown away. We have to be aware!

METRO WORLD NEWS

Halle wants to shed her clothes

SHE'LL KEEP HER PERSECUTION COMPLEX, THOUGH. Halle Berry loves going nude, she admits to Vogue. The revelation came after a racy photo shoot in Mexico called for her to run down a beach naked, and she says the experience was completely liberating. "I could not have been happier in my life," Berry says. "If the world wouldn't persecute me, I'd take nude pictures every day of the week."

METRO WORLD NEWS



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The world's first national park offers a great chance to see animals, such as wolves, elk and eagles ◗ Grab your binoculars and cameras as you will see sights like nowhere else in the world

DANIEL HARPAZ/THE ASSOCIATED PRESS

▶ The Beehive Geyser is just one of about 300 geysers and 10,000 hot springs in Yellowstone National Park.

Yellowstone's natural Wonders never cease to amaze

It's been a summer of headlines for Yellowstone, though the news has not all been good: Three people were mauled (one fatally) by a grizzly at a campground near the park, authorities briefly staged a manhunt for fugitives in the area, and a buffalo charged a tourist earlier in the summer, flipping her.

But there has also been a major piece of good news, which has underscored the very reason for the park's existence: There were more visitors to Yellowstone in July — 957,000 — than in any month in its history.

The recession has undoubtedly contributed to vacationers choosing the park as a destination; attendance records were set last summer too. But the high numbers of visitors are also a testament to the park's enduring appeal. And it's not just Old Faithful that keeps people coming back, generation after generation. In addition to being home to 75 per cent of the earth's geysers, Yellowstone is also a wonderful place to view wildlife. With mating season for buffalo taking place in August, followed by mating season for elk in September, late summer is an ideal time for a trip.

For some wolf-watching is a prime objective of our visit to Yellowstone. But there are no guarantees that you will see the elusive animals. There are only about 100 wolves living in the park's 9,065 square kilometres, according to park spokesman Al Nash. They're small, they blend in to the landscape, they can quickly change position, and they will not go near people.

In contrast, bison were easy to find. They're slow-moving, they don't mind congregating near busy roadways and other tourist-heavy areas.

THE ASSOCIATED PRESS

An out-of-this world experience

While wildlife-watching was our No. 1 reason for visiting Yellowstone, the park's other-worldly landscapes turned out to be just as fascinating. Yellowstone has about 300 geysers and 10,000 hot springs, bubbling mud pots and steam vents, constituting more thermal features than are found anywhere else in the world.

A hike through the Norris Geyser Basin was a great introduction to this landscape. It felt like a walk on another planet, or a set for a movie about a prehistoric era. White steam rose over the dark green pine trees, and the ground was potholed with bubbling cauldrons and boiling fountains.

Naturally you must be cautious around the geysers — the scalding water can burn or even kill you. Geyser eruptions can vary from every few minutes to every few days to once every 50 years, and part of what made the walk through Norris Basin so spooky was the unpredictability.

Of course a visit to Old Faithful is mandatory. It erupts to a height of more than 30 metres every 66 to 80 minutes.

THE ASSOCIATED PRESS

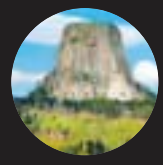
Trip tips

- **The park borders** on Wyoming, Idaho and Montana, with five entrances and a series of interior loop roads providing easy access to major features like Old Faithful, Lamar Valley, Yellowstone Lake, the Grand Canyon and Norris Geyser Basin. Admission is $25 per car. nps.gov/yell/

3 life

Side Trip

If you're planning a vacation in Yellowstone, consider a side trip to an unusual destination in Wyoming on your way.



DEVILS TOWER
This natural stone formation located in northeast Wyoming. It's an awesome sight, rising 264 metres from its base or 386 metres above the Belle Fourche River.
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Interested in New Mexican art? The Spanish colonial museum has a new exhibit showcasing its diversity.

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Springsteen's Asbury Park

Fans of The Boss flock to New Jersey seaside community Many local sites referenced in his songs

MEL EVANS/THE ASSOCIATED PRESS FILE PHOTO

Asbury, N.J., is a nice seaside community where many people go to enjoy the beach.

Greetings from Asbury Park!

If you're a Bruce Springsteen fan, do we have a trip for you.

Even if your reaction to that famous salutation is "Hi!" "Hey!" or "Huh?" the folks in Asbury Park will be equally happy to meet you.

This friendly seaside community, indelibly linked to Springsteen's 1973 debut album, Greetings From Asbury Park, N.J. has plenty to offer — whether you're among the fans making pilgrimages or just want to have fun, relax and enjoy the beach.

Just ask Jorunn Elnes of Rjukan, Norway — or the E Street Band's Clarence Clemons.

"It's the most beautiful beach and the most beautiful boardwalk," Clemons said in a recent AP interview.

He has the wholehearted agreement of Elnes, who took time off from her banking job to visit Asbury Park three times in the span of a year.

Jersey Shore author-historian Stan Goldstein says the boardwalk is the "best it's been in more than 30 years."

Goldstein remembers the giant Exxon sign that brought this fair city light and the now-razed Flamingo motel, whose name may have inspired the fictitious Flamingo Lane of Springsteen's song Jungleland.

Clemons fondly recalls a carousel with handcrafted horses, and driving around an informal route known as "the circuit," referred to in Springsteen's Night and 4th of July, Asbury Park.

That was before Asbury Park became a city of ruins.

Race riots in 1970 "sucked all the life right out of Asbury Park," says Clemons. Its swan song "was really, really sad."

"For at least 20 years, it was a ghost town," says Goldstein.

The city has undergone a recent renaissance. Upscale development has snowballed. Goldstein says it's now like a family-friendly version of Miami's South Beach.

"It's all coming back now; that's exciting," says Clemons, though he impishly denounces the city's recent rejection of a topless beach proposal.

The pristine sand, trendy but relaxed bars and cafes, the Silverball pinball museum (1000 Ocean Ave.), and an adorable boardwalk water park for kids are hallmarks of the resurrection.

Elnes, who came to the U.S. to see parts of a Springsteen tour and the Light of Day benefit in Asbury Park, also loved the city's "small, nice shops," and she enjoyed "a very, very good hamburger at a restaurant near the Paramount Theatre," one of the boardwalk's stately anchors. (The Light of Day concerts, which Springsteen has performed in, raise money for Parkinson's disease research.)

But the city's role as a musical epicentre runs deeper than Bruce.

"It's like Liverpool," says Clemons. "Everybody went for the music. All the young musicians seemed to gravitate to Asbury Park."

There were a lot of major acts as far back as the 1960s: the Rolling Stones, Janis Joplin, Jimi Hendrix, Jim Morrison and the Doors.

"I treasure those times," says Goldstein. But "Asbury Park is a living history. There are more chapters to be written."

Springsteen recently appeared at the Stone Pony (913 Ocean Ave.) with Alejandro Escovedo. The Paramount and Convention Hall (both at 1300 Ocean Ave.) are also thriving.

Some clubs are a distant memory (albeit with photo ops).

The now-vacant FastLane (207 Fourth Ave.) incubated an impressive array of talent around the late '70s and early '80s.

The fledgling U2 appeared at the FastLane; Springsteen met the Ramones there.

One night in 1980, just a few dozen people were there when a cover band, Atlantic City Expressway, started playing "Promised Land." Suddenly, "Bruce jumps onstage," recalls Goldstein.

The band's frontman: high-school senior Jon Bon Jovi.

The former Upstage Club (702 Cookman Ave.) is now in the hands of a music lover who wants to bring it to life again. Memorabilia is stuck, shrine-like, over its storefront glass. The oasis nurtured a long-haired, scrawny young Springsteen as well as E Streeters Steven Van Zandt, Danny Federici, Vini Lopez, David Sancious and Garry Tallent.

The former Student Prince (911 Kingsley St.) recently reopened as a gay bar named Swell.

Clemons' book, "Big Man," recounts how he dropped by the Student Prince during a break from his appearance at the old Wonder Bar. As he strode in and asked to play with Springsteen for the very first time, a nor'easter blew the door off.

"Something called me down there," he recalled in the interview. "I was looking for what I now know was Bruce."

There's a song, historical or photographic tie-in at every turn.

For total immersion, make an appointment to see the public library's Springsteen Special Collection. It contains "more stuff on myself and the band than every place except my mother's basement," Springsteen once said.

A Virginia license plate spotted along Ocean Avenue summed up the scene (and its cottage industry): "BRUUUCE!"

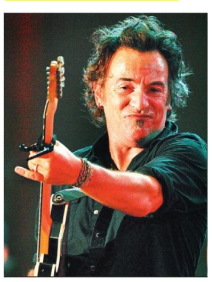
The aura permeates "every corner of the town: walking down Kingsley, the casino, the Stone Pony, Madam Marie's, the Convention Hall," says Elnes. "Wow!"

Springsteen, with and without E Street, has performed many times at the Convention Hall and its smaller sibling, the Paramount.

The theatres — connected by a charming, indoor retail and restaurant promenade — are just steps from the cute shack where a relative of the late Madam Marie holds court.

THE ASSOCIATED PRESS

Bruce's haunts



The Palace, an indoor amusement park mentioned in Springsteen lyrics, is gone but not forgotten. Located at Kingsley Street, between Lake and Cookman avenues, its green exterior bore the words "Skooter" and "Tunnel of Love."

Tourists also flock about 10 kilometres south to Belmar, posing for photos at a worn, white cement street marker for "E St." Sancious, the original keyboard player, lived in the neighbourhood when the E Street Band got its name.

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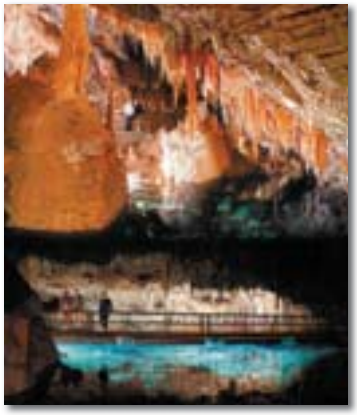
It's Time to Discover Bermuda

Bermuda's always been a place worth visiting, but there was a time when nobody knew it. The tiny island cluster was uninhabited before a Spaniard named Juan de Bermúdez showed up in the early 16th Century, and even he might have missed it if his ship hadn't been wrecked on Bermuda's razor-sharp coral reefs. Fortunately, you don't need a wooden ship to reach the islands today. If you live on the East Coast, a smooth, two-hour flight is the only thing between you and Bermuda's beaming shores.



OLD WORLD MEETS NEW

Modern Bermuda is a self-governing British Overseas Territory, and remnants of its colonial past aren't hard to find. The islands' largest city is St. George, settled in 1612 and now the oldest continuously inhabited English town in North or South America. At the opposite end of the territory sits Bermuda's Royal Naval Dockyard. Built by a labour force of English convicts and slaves, the Dockyard first served as a replacement port for those lost to England following the American War of Independence. It ceased operations completely in 1995—after nearly 200 years of service—and is now one of Bermuda's premier tourist attractions.

SUNNY, SWEET AFTERNOONS

One thing very un-British about Bermuda is its weather. The islands' subtropical climate rarely brings extremes of heat or cold, and even a humid August day benefits from ocean breezes. This makes Bermuda a great place for a tour, though it may not last long, since the islands' total land mass is a mere 53 km2 (21 sq. mi.).

SWING, THEN SOUL

Bermuda's climate also means outdoor pleasures, like a game of golf, can be enjoyed year-round. The islands have more golf courses per square mile than anywhere in the world, with designs so renowned that Bermuda's been selected to host the 28th PGA Grand Slam of Golf this fall. But if you're less a golfer than a golfer's widow (or widower), spend the day drinking in the islands' gorgeous vistas, then rendezvous with your spouse for an evening of music . Grammy winners Ziggy Marley and Toni Braxton will be headlining the 15th Annual Bermuda Music Festival,

> A smooth, two-hour flight may be the only thing between you and Bermuda's beaming shores.
>
> ~

Photos: Bermuda Department of Tourism

September 30 to October 2, 2010. Angie Stone and Estelle are among other artists performing at the event.

AND OF COURSE, THE BEACH

There's a reason why generations of mariners braved shipwreck and storm to reach this land. Bermuda boasts more than 800 ha (2000 acres) of park land and many kilometres of beach, speckled pink by sea shells and bits of coral. Some of these beaches are very public, while others are private and tucked away. All are gorgeous. And right now, they're hosting thousands of tourists, all bronzing beneath Bermuda's blazing sun. *Don't you want to be there too?*

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Motorcycling in the Maritimes

GLENN ADAMS/THE ASSOCIATED PRESS

▶ A view of the road during a motorcycle tour along the Cabot Trail in Cape Breton, N.S.

Riding around North America three decades ago on a motorcycle might have resulted in hostility that might resemble the 1969 movie Easy Rider, where the bikers were physically attacked by locals, but things have changed since then.

As the years have passed and the number of two-wheeled travellers has blossomed into a new market, there's a new attitude out there toward two-wheeled tourers.

Innkeepers are glad to see the motorcycle business, said Monika Frick, owner of a bed-and-breakfast in the charming St. Andrews, where seven-metre Bay of Fundy tides ebb and flow against New Brunswick's shore. Thousands of bikers converged on the town for this summer's Atlanticade motorcycle festival, filling virtually every room.

"I liked it a lot," said Frick, a former rider herself. "My B&B is always open to bikers and I always take my car out of the carport for bikers."

There's really no comparison between riding in a car and on two wheels, especially on roads the Maritimes offer. On a motorcycle, you're not in a metal box just passing through, but rather part of the outdoor scene, where the sights have a more panoramic impact and sounds clearer and smells cleaner.

In Nova Scotia, Cape Breton's celebrated Cabot Trail has long been a major draw for serious motorcyclists. The winding road cuts through forested mountainsides, hugs seaside cliffs and overlooks deep river gorges, offering riders one breathtaking view after another.

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▶ Chocolate Pistachio Cake

Avocados can be for desserts too

Here is a decadent cake to try at home that incorporates fresh avocados.

Chocolate Pistachio Cake
- 170 (6 oz) pistachios, shelled
- 250 ml (1 cup) sugar, divided
- 190 g (7 oz) bittersweet chocolate, finely chopped in food processor
- 170 (6 oz) unsalted butter, cut into 2.5-cm (1-inch) pieces
- 15 ml (1 tbsp) flour
- 4 eggs, separated
- 2 ripe fresh avocados, peeled, seeded and diced
- 5 ml (1 tsp) vanilla extract
- 0.5 ml (1/8 tsp) cream of tartar
- Powdered sugar
- Creme Anglaise

Method

• Preheat oven to 150 C (300 F). On a baking sheet, arrange pistachios and place in oven for about 15 minutes to toast nuts until they are dry and aromatic. Stir pistachios occasionally; let cool. Grind nuts in food processor with 50 ml (1/4 cup) sugar and the flour, pulsing on/off, until the consistency of fine meal.

• Increase heat to 180 C (350 F). Butter a 20-cm (8-inch) springform pan, line with parchment paper, then turn paper over.

• In a microwave-safe bowl, combine chocolate and butter and microwave on medium power for 2 1/2 minutes. Stir until smooth.

• In the bowl of an electric mixer on medium speed, beat egg yolks with the whisk attachment. Gradually add 125 ml (1/2 cup) of the sugar and continue beating until yolks are thick. Add avocados, increase speed and beat until smooth. Reduce speed to low and gradually stir in vanilla, chocolate and nut mixtures.

• In a medium bowl, beat egg whites with cream of tartar on medium speed until peaks form. Add 50 ml (1/4 cup) sugar, 15 ml (1 tbsp) at a time, and continue beating until stiff. Fold beaten whites into yolk mixture (yolk mixture will be very thick). Fold yolk mixture back into remaining whites. Pour into pan. Tap pan on work surface and smooth top with a spatula to level. Bake for about 40 minutes or until a toothpick comes out almost clean. Allow cake to cool in pan.

• Remove sides of springform pan and, using a long spatula, slide the cake off the paper onto the serving plate. Ladle Creme Anglaise into the centre of each dessert plate, place a wedge of cake in the centre of the plate and serve immediately. THE ASSOCIATED PRESS

Chefs embrace avocado ideas

It appears that guacamole, a zesty dip made of avocados, may be a little passé now that chefs have found other ways to use this buttery fruit

AMANDA GOVAERT (FLICKR: AMANDA GOVAERT)
▶ Avocados for sale at a market.

"In many pastries you may have cream, cream cheese or ricotta and that's why I think avocados can be used in desserts because of their creamy richness," says Susan Feniger, chef and co-owner of a string of Mexican restaurants in southern California with her partner, chef Mary Sue Milliken.

Feniger says that avocados used in place of dairy products appeal to vegans as well.

"Sometimes you may be making tomato soup and you use avocado instead of cream. That would certainly appeal to a vegan palate."

Avocados are native to the tropics and subtropics and are regarded for their lush, buttery texture and nut-like flavour.

Known earlier on as alligator pear, the many varieties range from round to pear-shaped. The skin can be thick and green to purplish-black and smooth to corrugated.

"It's the good fat and good cholesterol, not the bad. You can use avocados to enrich a dish, and even if you add one to a salad you don't need as much oil."
SUSAN FENIGER

Feniger says that she has created a dessert recipe using mangoes, grapefruit and avocado with yogurt or sour cream, honey and lime, which is "sensational."

"You have this richness of avocado and with the natural sweetness of the fruit, the acidity and the sour cream or yogurt, it's a great combination."

Feniger says that like cream, avocados have calories, "but they are also loaded with great nutrients that are so good for you.

"It's the good fat and good cholesterol, not the bad," she says. "You can use avocados in small amounts to enrich a dish and even if you add one to a salad you don't need as much oil."

Feniger also uses avocados in mixed cocktails.

"We did an avocado margarita at one of the restaurants. It adds body and texture to a mixed drink," she says. "I could imagine taking avocados and using them pureed and thinning them with lime juice, making it more like a pina colada — and a healthy one at that."
THE ASSOCIATED PRESS

Health facts

Avocados are high in vitamins and minerals and good source of healthy fat. Here are some nutritional facts on avocados:

- One-fifth of a medium 30-g (1-oz) avocado has 50 calories and contributes nearly 20 vitamins and minerals.
- Avocados contain good fats, providing 3 g monounsaturated fat and 0.5 g polyunsaturated fat per 30-g (1-oz) serving.
- They act as a "nutrient booster" by enabling the body to absorb more fat-soluble nutrients, such as alpha- and beta-carotene as well as lutein, from foods that are eaten with the fruit.
- Lutein has been shown to be concentrated in the macula of the eye, and research suggests that it might help maintain healthy eyesight as we age.

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New approach to networking

Use who you know to help get ahead The Power of Who aims to change how you network

▶ The Power of Who is all about finding your "who" and using them to get to the next step.

We're told that getting a job isn't about what you know, but who you know. Networking is crucial when job hunting, or so we thought. But one man is challenging that belief, saying the only networking you need to do is with friends you already have.

Bob Beaudine, President and CEO of Eastman & Beaudine, and a top executive recruiter in sports and entertainment, discusses this new approach to networking in his book, The Power of Who: You Already Know Everyone You Need to Know.

"I wrote the book because I want to help, and to do that we first need to change the way we network," says Beaudine. "Networking is the greatest thing in the world, just not the way we do it."

The Power of Who is all about finding your "who" and using them to get to the next step.

Everyone has a "who": List everyone you know, and then narrow the list down to those you consider friends.

Out of 5,265 people he knows, Beaudine only considers 87 part of his "who."

"Identify your who, decide what you want, and connect," he says. "Have your friends help you connect. This is already in place for us and doesn't cost anything."

Sounds too simple? It is. "Sometimes the most profound ideas are the simplest," says Beaudine.

"We've left all the people who know us, like us, and are rooting for us, and instead network with people who don't know anything about us."

When consulting your "who," know which ones to ask for help, and be clear. Your friends can't help if you don't tell them what you want.

And in this tough job market, your "who" might be just what you needed. "How many people do you need to get your dream job?" says Beaudine. "One, and that's hope."

METRO

Power tips

Beaudine's four tips for networking.

1. Do I know you? References, endorsements and testimonials are your greatest allies when applying for jobs. A recommendation from a friend reveals more about your character and work ethic than someone who barely knows you personally, such as a previous boss.

2. Do I like you? Can you really build a relationship with someone in a few minutes? If your interviewer has heard about you from a mutual friend, they'll feel like they know you better right away.

3. Can I trust that you understand my needs? Do your homework on the interviewer. Know what they need and prepare for answers that show you can fill their needs. A friend's recommendation can prove you're trustworthy.

4. Are you the best for me in my particular situation? Show passion for the job and your work. People want to work with those they can become friends. If your interviewer knows a friend that describes your personality and love of your field, they'll be more comfortable hiring you.

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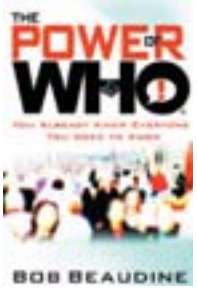

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Tips for going solo

New book offers direction for independent success in business

Teamwork only takes you so far in the corporate world. Learn to tackle more independently and you'll be on your way to becoming a successful soloist, according to Marc Hershon, co-author of the new book, I Hate People!, who offers these tips:

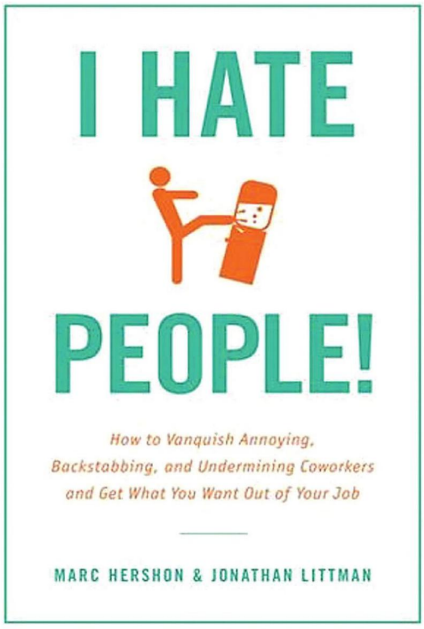
1. Know when to fly solo. Being a soloist isn't about starting your own company — it's about kicking loose of needless meetings and meddling bosses long enough to get some productive traction. Look for opportunities to get small chunks of time to yourself.

2. Know your enemies. These aren't rivals; they're the stumbling blocks and time wasters who get in the way of your productivity. Identify them and then develop strategies to neutralize their harmful behavior.

3. Find your ensemble. Typical teams tend to be slow and counter-productive. Too many team members (five or more) and bad chemistry are the main obstacles. Form your own ensemble — a small group of one, two or three others — who are truly interested in your project.

4. Dig your cave. Today's office worker is interrupted an average of 73 times a day. The soloist learns to create a quiet space (or cave) far from the madding crowd. Whether it's a "Do Not Disturb" sign tacked to your cubicle or a private office in your garage, find yourself a defensible position from which you can do your work unimpeded.

5. Clear your plate. We all end up with way too much to do "on our plates." Learn to clear yours using the Three Ds: Delegate, Delay and Deny. By passing along tasks to others more qualified (or less busy), you can focus on more critical work. Carefully check real deadlines (not artificial ones) and know what you can put off until tomorrow. And practice using the "Power of No" — don't let someone else clear their plate onto yours. METRO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Four sure-fire ways to receive appropriate severance; employers have skeletons in their closets

Dismissed employees are always asking "how do you win an employment law case?" Here are four tips that, if nothing else, ought to ensure an appropriate severance package, if not more.

Always negotiate: Companies realize that most people will just take what they are offered, happy to get anything at all. So they deliberately offer less than they are ultimately prepared to pay. There is usually some flexibility in the figures — so ask for more.

Patience: Since the preponderance of lawsuits settle well before trial, the key for dismissed employees is to appreciate when they have great facts on their side — and also when they don't. As the costs associated with litigation act as a deterrent for employees, employers understand that most will accept a reduced settlement at the outset rather than waiting for more. However, if you have a good case, you can expect that much of your legal costs will be recovered — so be patient or be prepared to take a discount.

Select your lawyer wisely: The guidance of experienced counsel is imperative to ensure that your case is properly advanced and persuasively argued and that critical mistakes are avoided. A lawyer's Google rankings have nothing do with his or her legal skill. Similarly, there are no rules limiting lawyers without much experience in employment law from professing that they practise it, on their websites and in the media — and they often do. Avoid legal practitioners who brandish promises of extraordinary results. In law as in life, if something is too good to be true, it is often. Also avoid lawyers, or paralegals, who merely dabble in employment law, since they may not keep abreast of the recent developments — and worse, employers' counsel often knows who they are.

Understand an employer's apprehensions: They have skeletons in their closets as well. In one of my cases, we are arguing that an employer's standard form employment contract is illegal. The cost to the company of paying this claim is irrelevant. If it loses, all of its contracts will be void.

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Deal with source before tattling

You've had it. It's the last straw. That annoying co-worker of yours has you at the end of your rope — and you are seriously thinking about complaining to the HR department.

But just what is the etiquette on tattling on a co-worker? According to Lynn Taylor, workplace expert and author of the new book Tame Your Terrible Office Tyrant (TOT), you need to be up front but also aware of how delicate of a situation it is.

"'Tattling' — giving up on speaking openly and honestly with a co-worker, and instead telling a superior — should not be your first choice," she instructs. "In a conflict, you should begin by dealing directly with the source."

If the situation has escalated to the point where direct contact is not an option, Taylor suggests going to your boss. "Your direct boss is more involved ... and may even be offended if you skip over him or her in asking for help."

But Taylor points out that getting a manager involved should not be used as a method of avoiding face-to-face confrontation. "The boss will most likely speak with the other person after, and then all three of you will sit down together." METRO

when to report

It's Important to note that an "annoying" co-worker is much different than a co-worker who harasses or harms you in any way. If his or her behavior is damaging, a manager or human resources will need to be told. METRO

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Finding balance is key to helping with homework

Study suggests that asking a parent for help can improve a student's academic performance

A new school year is fast approaching and for many families, homework will once again become a nightly activity. Making homework a positive and productive experience is something that every parent aims for.

According to a recent survey conducted by Ipsos-Reid for Kumon Math and Reading Centres, if parents take the time to teach their child to proactively ask for homework support, it can help them improve academic performance and enjoy a more rewarding homework experience.

According to responses from more than 1,200 Canadian parents, more than half of the children who actively engage their parents in homework support perform at an average to above average level at school. Also, children who engage their parents in the homework process enjoy more dynamic support. From monitoring homework progress (75 per cent) to discussing the assignment (75 per cent), these children turn what can be a source of stress into an interactive, two-way dialogue about learning.

Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for your child. Here are some key tips on finding that balance, from Kumon Math and Reading Centres:

▶ Demonstrating an interest in your child's homework and offering support is not the same thing as completing assignments for them.

- Know the school's homework policy. Ask about the kinds of assignments students are expected to complete, the anticipated length of time it takes to complete assignments, and expectations for parent involvement.
- Establish a routine for homework completion. This means determining a regular time each day in a distraction-free environment with all of the tools and resources at hand.
- Reinforce good study habits at home. Help your child to structure his or her time before assignments are due. Discuss the steps that are required and map it out with respect to the amount of time it will take.

NEWS CANADA

Helpful tip

Check that your child's assignment is complete before it is submitted, and review the feedback provided by the teacher once it has been returned.

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Extra study time leads to better grades

Did you know in the time it takes to enjoy your a re-run of Grey's Anatomy, you can positively impact your child's academic performance?

According to findings from a survey on conducted by Ipsos-Reid, children who are performing at an above average level are spending 12 minutes more per night on homework than struggling counterparts. In short, the children who spend those extra minutes studying are reaping the benefits of a richer educational experience that translates to success in the classroom.

"So how do I add 12 minutes to my child's homework routine?" Use that time to discuss the assignment. This is a wonderful way to reinforce the concepts, gauge your child's understanding of what he or she has learned, determine what support he or she may require, and emphasize the importance of continued, study. NEWS CANADA

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Back to school shopping can be a scavenger hunt

Descriptions of supplies provided by teachers can differ from those found at retailers Many items are never used

SETH PERLMAN/THE ASSOCIATED PRESS

▶ It's that time of year again. Millions of parents are about to embark on the annual scavenger hunt known as back-to-school shopping.

Like millions of other parents this time of year, I'm about to embark on the annual scavenger hunt known as back-to-school shopping.

I thought this dreadful ritual would get easier when my youngest son reached middle school, but in fact it merely multiplied from one nerve-racking list, to six — along with the number of teachers he has.

I would be fine if these lists were simple reminders of basic supplies — pencils, pens, paper, notebooks. Sure, they need a few folders and a book bag, and as math gets more complicated, graph paper and a calculator. I can even understand index cards,

"For my kindergartner, I was asked to bring in coloured feathers, which I finally found at a craft store." HOLLY MICHAEL

Post-its and a yellow highlighter.

But how many times do you see parents wandering up and down the aisles of Staples or Walmart or OfficeMax searching for items that either don't exist or that have sold out in a frenzy as mothers of every kid in Miss So-and-So's class fought for the last graph paper marble composition book, fine-point Flair pen or half-inch three-ring binder (no one-inchers allowed!) on Earth?

Diana Shackleford, a Dallas mom and freelance writer, also points out that stores and teachers' lists routinely "disagree on pen and pencil package counts. The list asks for a 12-count, but pencils and pens come in 10-count package!"

The worst part of this retail insanity is that, at least with my son, half of this stuff never gets used. I have a drawer full of Post-its in every conceivable colour and size, ordered up over the years by any number of teachers. The only hope I have of getting through the sticky little stacks is to leave myself notes on the fridge that say things like, "Have a nice day!"

I will admit that one aspect of back-to-school supply shopping is tougher for parents of younger kids than parents of teens.

The little kids' teachers still want arts and craft-type supplies, and some of these can be pretty obscure.

Holly Michael, who works for a public relations agency, said that "as a working mom, I don't always have time to run out and find these odd requests."

"For my kindergartner, I was asked to bring in coloured feathers, which I finally found at a craft store."

Another issue I have is with all the supplies ordered up by teachers to keep my children organized.

In September, I dutifully purchase whatever they require: The accordion file with alphabetical pockets! Double-pocket folders! Spiral-bound notebooks with one pocket inside the front cover!

But it makes no difference.

At the end of the year, all of my children's school work is in a giant random stack of paper, organized neither by subject nor date.

THE ASSOCIATED PRESS

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Outside-the-box thinking on display

NHL exec Shanahan curious to see research and development camp

It promises to be the kind of scene a hockey nut can't help but marvel at.

With a series of revamped rules and an altered ice sheet that has just one faceoff dot in each zone, the NHL's research and development camp will feature plenty of outside-the-box thinking.

It plays out over four sessions at the Toronto Maple Leafs practice facility today and tomorrow, with 33 top-rated junior players being put through their paces by veteran coaches Ken Hitchcock and Dave King. The stands will be full of general managers and executives carefully watching everything unfold.

"Like most people, I'm curious," Brendan Shanahan, the NHL's vice-president of hockey and business affairs, said yesterday. "I'm curious to see a lot of these things play out. I know as a player, it would be fun to play with these new challenges and new rules and new ideas."

Shanahan was tasked with bringing the camp together — an assignment that came directly from NHL commissioner Gary Bettman.

It's the first major project he's undertaken since stepping into his job with the league in December. However, it's not entirely new ground, because of the "Shanahan Summit" he famously organized in December 2004.

Many of the changes that opened up the game following the lockout had their roots in that gathering, when Shanahan footed the bill for key stakeholders to gather in Toronto and discuss what needed to be done to fix a sport the veteran forward viewed as "broken."

There's a completely different atmosphere around this event. The NHL's goal now is to be proactive and avoid letting the on-ice product slip again in the future.

THE CANADIAN PRESS

Changes coming?

The following are among the suggestions that will be looked at during the NHL's research and development camp.

- Having three faceoff dots, one in each zone, down the centre of the rink.
- Using a variation of the faceoff, where a whistle starts play rather than the traditional puck drop.
- Trying both no-touch icing and a hybrid icing rule, where referees can blow the play dead prior to the defending player touching the puck.
- Having the second referee located off the playing surface.
- Not allowing a team to change lines after it commits an offside.

DAVID COOPER/TORONTO STAR

▶ Nazem Kadri (43), of the Maple Leafs, takes a faceoff against the San Jose Sharks earlier this year. The NHL is set to review suggestions that could change faceoffs in the league.

He's back: Favre up to his old tricks

Brett Favre is back in the building.

The 40-year-old quarterback returned to Minnesota yesterday, arriving in a private jet trimmed in the Vikings' purple and gold with three teammates who were sent to Hattiesburg, Miss., to bring him back for one more shot at a Super Bowl.

This time around, Favre got a ride to Vikings headquarters from kicker and close friend Ryan Longwell — last year, when he joined Minnesota, head coach Brad Childress was at the wheel. Longwell's black SUV was followed by three helicopters from local television stations and pulled into Vikings headquarters as dozens of fans cheered and photographers snapped pictures.

Favre's website posted a message earlier saying "stay tuned for breaking news from the Minnesota Vikings today on Brett Favre's possible return."

Presumably, Favre did not make the trip just to tell the Vikings he was retiring, but the team still had not given an official confirmation that the star quarterback will play this year. He is, however, under contract — the second season in a two-year deal worth $25 million US.

The Vikings issued a media schedule for today, announcing that coach Brad Childress will hold his regular news conference following practice.

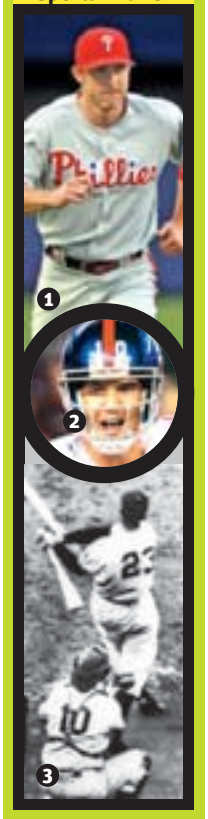
THE ASSOCIATED PRESS

BRENDAN SULLIVAN/THE ASSOCIATED PRESS

▶ Vikings fans wait outside the club's facility in Eden Prairie, Minn., for QB Brett Favre to arrive yesterday.

4 sports

Sports in brief



1 Phillies activate all-star 2B Chase Utley from DL.

2 New York Giants not certain if Eli Manning will be able to play on Saturday.

3 Famed home run hitter Bobby Thomson dies at age 86.

A's snap skid against Jays

Toronto starter Morrow matches his 2nd-shortest outing of season

2	6
BLUE JAYS	ATHLETICS

Dallas Braden pitched three-hit ball for seven innings, Jack Cust drove in the go-ahead run and the Oakland Athletics ended a four-game losing streak by beating the Toronto Blue Jays 6-2 last night.

Coco Crisp had three hits and an RBI, Daric Barton and Mark Ellis each drove in a run, and the A's won for the 11th time in their last 16 home games.

Braden (8-8) allowed two runs, one earned and improved to 4-1 since coming off the disabled list July 20. He walked two and struck out five.

Craig Breslow got two outs in the eighth and Michael Wuertz recorded four outs for his sixth save.

Brian Tallet (2-5) took the loss in relief of starter Brandon Morrow, who lasted four innings in his first start since his near no-hitter that included 17 strikeouts Aug. 8 against Tampa Bay.

Given extra rest after throwing a career-high 137 pitches in that one, Morrow allowed two runs and four hits yesterday. He walked three and struck out two.

Jose Bautista got his 90th RBI in the first, and Lyle Overbay singled home in the seventh.

THE ASSOCIATED PRESS

Scoreboard

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NEW YORK	73	46	.613	-
TAMPA BAY	73	46	.613	-
BOSTON	68	52	.567	5.5
TORONTO	63	56	.529	10
BALTIMORE	42	78	.350	31.5

AL CENTRAL

	W	L	Pct	GB
MINNESOTA	69	50	.580	-
CHICAGO	65	54	.546	4
DETROIT	58	61	.487	11
KANSAS CITY	50	69	.420	19
CLEVELAND	49	70	.412	20

AL WEST

	W	L	Pct	GB
TEXAS	67	51	.568	-
LOS ANGELES	60	60	.500	8
OAKLAND	58	60	.492	9
SEATTLE	47	73	.392	21

Yesterday's AL results

Boston 6 L.A. Angels 0
Kansas City 2 Cleveland 1
Minnesota 7 Chicago White Sox 6 (10 ings)
N.Y. Yankees 6 Detroit 2
Seattle 4 Baltimore 0
Tampa Bay 10 Texas 1
Oakland 6 Toronto 2

Today's AL games

Texas at Tampa Bay, 1:10 p.m.
Toronto at Oakland, 3:35 p.m.
Detroit at N.Y. Yankees, 7:05 p.m.
Seattle at Baltimore, 7:05 p.m.
L.A. Angels at Boston, 7:10 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Cleveland at Kansas City, 8:10 p.m.

NL EAST

	W	L	Pct	GB
ATLANTA	70	49	.588	-
PHILADELPHIA	67	51	.568	2.5
NEW YORK	59	60	.496	11
FLORIDA	58	60	.492	11.5
WASHINGTON	51	68	.429	19

NL CENTRAL

	W	L	Pct	GB
CINCINNATI	67	51	.568	-
ST. LOUIS	65	52	.556	1.5
MILWAUKEE	56	64	.467	12
HOUSTON	52	66	.441	15
CHICAGO	50	70	.417	18
PITTSBURGH	40	79	.336	27.5

NL WEST

	W	L	Pct	GB
SAN DIEGO	71	47	.602	-
SAN FRANCISCO	67	53	.558	5
COLORADO	61	56	.521	9.5
LOS ANGELES	60	59	.504	11.5
ARIZONA	47	72	.395	24.5

Yesterday's NL results

Atlanta 10 Washington 2
Florida 6 Pittsburgh 0
Houston 4 N.Y. Mets 3
Milwaukee 3 St. Louis 2
Philadelphia 9 San Francisco 3
San Diego 1 Chicago Cubs 0
Cincinnati at Arizona
Colorado at L.A. Dodgers

Today's NL games

Milwaukee at St. Louis, 2:15 p.m.
San Diego at Chicago Cubs, 2:20 p.m.
Florida at Pittsburgh, 7:05 p.m.
San Fran at Philadelphia, 7:05 p.m.
Washington at Atlanta, 7:10 p.m.
N.Y. Mets at Houston, 8:05 p.m.
Cincinnati at Arizona, 9:40 p.m.
Colorado at L.A. Dodgers, 10:10 p.m.

JAYS TUESDAY BOX SCORE

TORONTO	AB	R	H	BI	BB	SO	AVG.
SNIDER LF	4	0	0	0	0	1	.236
Y.ESCOBAR SS	2	1	1	0	2	1	.311
J.BAUTISTA RF	4	0	0	1	0	3	.256
V.WELLS CF	4	0	0	0	0	0	.268
LIND DH	4	0	0	0	0	1	.236
A.HILL 2B	4	1	1	0	0	1	.216
OVERBAY 1B	3	0	1	1	0	0	.248
ENCARNACION 3B	3	0	1	0	0	0	.245
J.MOLINA C	3	0	0	0	0	1	.264
TOTALS	31	2	4	2	2	8	

OAKLAND	AB	R	H	BI	BB	SO	AVG.
CRISP CF	4	2	3	1	1	0	.277
BARTON 1B	5	1	2	1	0	1	.270
C.JACKSON LF	2	0	0	0	3	2	.255
CUST DH	3	1	0	1	1	1	.274
M.ELLIS 2B	5	1	1	1	0	0	.260
R.DAVIS RF	4	0	1	0	0	0	.272
POWELL C	4	0	0	0	0	1	.217
TOLLESON 3B	3	0	2	0	0	0	.400
KOUZMANOFF 3B	1	1	1	0	0	0	.260
PENNINGTON SS	3	0	1	0	0	0	.259
TOTALS	34	6	11	4	5	5	

TORONTO	IP	H	R	ER	BB	SO
MORROW	4	4	2	2	3	2
TALLET L, 2-5	2	3	2	2	1	2
CAMP	1	2	1	0	0	1
CARLSON	1	2	1	1	1	0
OAKLAND	IP	H	R	ER	BB	SO
BRADEN W, 8-8	7	3	2	1	2	5
BRESLOW H, 11	2-3	1	0	0	0	1
WUERTZ S, 6-6	1	1-3	0	0	0	0

TFC rides strong first half to win

Toronto FC played an inspired first half of soccer last night to win its debut in the group stage of the CONCACAF Champions League, 2-1 over visiting Mexican side Cruz Azul.

Martin Saric scored in the opening three minutes of the first half and Miguel Angel Ferrer Martinez scored moments before halftime to stake the hosts to a surprising lead at BMO Field. Toronto has not lost at home this season, aside from a shootout loss last month in an international friendly with Bolton Wanderers.

Toronto captain Dwayne De Rosario was once again the beating heart of the midfield, as the centre through which most of the offence coursed.

Toronto earned an invitation to the international tournament when it claimed the Nutrilite Canadian Championship, a domestic round-robin featuring the Vancouver Whitecaps and the Montreal Impact. THE CANADIAN PRESS

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▶ LeBron James attends a scrimmage by the U.S. national basketball team last week.

LeBron has his say

James' comments in GQ article reveal a low opinion of his old boss

Adding a new layer to the rift between LeBron James and Dan Gilbert, the NBA's two-time reigning MVP and new Miami Heat forward has told GQ magazine that he isn't sure the Cleveland Cavaliers owner "ever cared" about him during their time together.

In an article released yesterday, James spoke of how widespread criticism of his decision — and how he chose to make it a television event — is fuelling him this off-season, plus reiterated how Ohio will always remain his home.

But perhaps his sharpest words were reserved for Gilbert, the owner who lashed out at him shortly after James announced that he would be joining the Heat.

"I don't think he ever cared about LeBron," James is quoted as saying. "My mother always told me: 'You will see the light of people when they hit adversity. You'll get a good sense of their character.' Me and my family have seen the character of that man."

James made similar remarks on the night Miami signed him to a six-year contract, doing so while sitting alongside the other two legs of the Heat superstar triangle, Dwyane Wade and Chris Bosh.

Gilbert was clearly scorned by James' choice, firing off a now-infamous letter to Cleveland fans describing it all as "a shameful display of selfishness and betrayal." He called James "narcissistic" and "self-promotional" and vowed the Cavaliers would win a title before "the self-titled former king."

Further, in an interview the same night with The Associated Press, Gilbert said he felt James quit on Cleveland during the 2009 and 2010 playoffs. Gilbert was ultimately fined $100,000 US by the NBA for what commissioner David Stern said were comments that fell into the category of being "a little extreme."

In the GQ article, James took exception to the "quitter" tag.

"Every night on the court I give my all, and if I'm not giving 100 per cent, I criticize myself," James said.

He added that he's looking forward to seeing the Cavaliers as opponents this season

"I do have motivation," James told GQ. "A lot of motivation." THE ASSOCIATED PRESS

Candid king

Among other highlights from the GQ article:

- **On "The Decision"** James said he wouldn't change any part of the made-for-TV event in Greenwich, Conn., where he announced his playing plans to an audience of about 10 million viewers. The hour-long show made $2.5 million for Boys & Girls Clubs. "When I found out I had an opportunity to do that for those kids, it was a no-brainer," James said.
- **On returning** Despite his feuding with Gilbert, James thinks that if he could ever play for the Cavaliers again someday, it would be "a great story."
- **On Cleveland** James explained he's always had an uneasy relationship with Cleveland because he's from Akron, a half-hour away. "It's not far, but it is far," James said. "And Clevelanders, because they were the bigger-city kids when we were growing up, looked down on us. ... So we didn't actually like Cleveland. We hated Cleveland growing up. There's a lot of people in Cleveland we still hate to this day."

Nuggets star might be traded

Just how much longer will Carmelo Anthony play for the Denver Nuggets?

He can opt out of his contract after the upcoming season and become the headliner of the 2011 free agent class or he could play out the final two years of his contract and put off the wine-and-dine tour for a year.

He could sign a $65-million US, three-year extension that's been on the table all summer and would keep him in Denver through 2015. Or maybe he's already played his last game for the Nuggets, who don't want to be spurned like the Cleveland Cavaliers were when LeBron James went on national TV to divorce them for a fresh start in Miami.

The all-star forward who won a national title as a freshman at Syracuse and a gold medal at the Beijing Olympics — but who has been able to guide Denver out of the first round of the playoffs only once in his seven NBA seasons — could be dealt before the season starts if team owner Stan Kroenke decides to jumpstart a rebuilding program.

With a sign-and-trade deal, 'Melo would get the money he may not be able to earn with a new collective bargaining agreement while the Nuggets land players to help them get on with life after him.

Kroenke might choose to deal the face of his franchise at the February trade deadline, too. The secluded owner likes to operate out of the public limelight, so his intentions aren't clear. THE ASSOCIATED PRESS

Did you know?

- 'Melo has put his 25,000-square-foot mansion in suburban Denver up for sale.

Canadians all gone at Rogers Cup

The Rogers Cup women's tennis tournament lost all its Canadian content when Heidi El Tabakh of Oakville, Ont., and Valerie Tetreault of St-Jean-sur-Richelieu, Que., dropped their first-round matches yesterday.

El Tabakh fell in straight sets 6-1, 6-2 to Russian Alisa Kleybanova.

"She didn't give me a chance to get in the match," El Tabakh said. "If I had a break point or a game point, she kept the pressure on me. That was tough to deal with."

Tetreault hardly challenged the 17th seed Marion Bartoli on centre court yesterday afternoon, losing 6-1, 6-0 in 69 minutes. THE CANADIAN PRESS

Swimmer sets new world mark

Summer Mortimer continued her assault on the record book yesterday on a four-medal day for Canada at the Paralympic world swimming championships.

Mortimer, a 17-year-old from Newmarket, Ont., raced to her second gold medal and second world record of the meet, winning the 100-metre freestyle in the S10 category in one minute and 1.39 seconds.

The previous mark of 1:01.57 was set by American Ashley Owens at the 2008 Beijing Paralympics. Owens was second yesterday in 1:02.34 while Elodie Lorandi of France was third in 1:02.42. THE CANADIAN PRESS

SUBMITTED PHOTO

▶ The compact 2010 Suzuki SX4 resembles a mini sport utility with its squarish rear end and optional roof rails.

SX4 hatchback winner all the way

Suzuki hatch a step up from the bland sedan version ◐ All-wheel drive, options galore make this 2010 model a great value for your money

NEIL MOORE
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With a few exceptions, I've always liked hatchbacks.

More practical than their compact and subcompact sedan siblings, these vehicles offer wagon/CUV practicality, but with better fuel economy and in a more svelte package.

Hatchbacks, in my mind, usually win on looks as well. Compare the Impreza sedan with the five-door version, the Corolla with the Matrix, and the Yaris sedan with the hatch. I prefer the latter in all cases — especially the Yaris.

So too with the 2010 Suzuki SX4 Hatchback.

A step up from the bland sedan, this funky little five-door, with its trucky lines, optional roof rails and pronounced wheel arches looks like a mini SUV.

And with optional 16- and 17-inch alloy wheels pushed to the four corners, very short rear overhangs and relatively wide track, the SX4 has a firmly planted look.

That aside, there are plenty of reasons to consider Suzuki's SX4, not the least being its availability of all-wheel-drive.

Another reason is value. A reasonably well-equipped FWD base model (with six-speed manual) begins at $17,695.

This gets you keyless entry; power windows and doors; air conditioning; four-speaker, satellite-ready AM/FM/CD/MP3/WMA sound system; rear window wiper/washer; six airbags, ABS with brake assist and electronic brake-force distribution, and more.

This little hatch is no off-roader, but for cottage roads or slippery conditions, a rocker switch between the front seats can toggle from 2WD (front drive) to Auto, which sends power to the rear when needed, or even Lock, which sends constant torque to both axles up to 60 km/h.

The specs

2010 SUZUKI SX4

- **VEHICLE TYPE** Compact five-door hatchback
- **PRICE** from $17,695
- **ENGINE** 2.4-litre DOHC, 16-valve four-cylinder (150 hp; 140 lb/ft of torque)
- **FUEL ECONOMY** 8.9/6.9 L/100 km (31/41 mpg) (city/highway)

5 drive

In brief

One of the largest solar power generation systems in Michigan will be built at Ford's assembly plant in Wayne, helping to power production of small cars and recharge electric vehicles.
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LONG MAY YOU RUN AND ALL THAT

I recently parted company with a car, a certain 1993 Mercedes-Benz 190 2.6. I didn't have this one all that long, about two and a half years. And as far as car relationships go, this wasn't one of the "big" ones in my life. But still ...

As I collected our things from the glove box, the trunk, and various cubby holes and cervices, and sat in the car for the last time, just before I was to hand over the keys to the new owner, I wasn't ready to start balling like a five-year old, but I wasn't completely detached from the moment either.

A little pang in the stomach, a little regret that I would never roll down the highway again, with its M-B star hood emblem leading the way and my elbow out the window. I always seemed to drive that way, because the bottom of the window frame was at the right height — a perfect armrest — and because the air conditioning never worked, from day one.

Air conditioning was always a fair way down on its "need to get fixed" priority list and never had a real chance to move up. Keeping it in its place were other various recurring ailments, which got the better of me, and our bank account.

I always had a "thing" for these well-engineered "baby" Mercedes models — timeless styling, smooth and torque-laden inline six, Autobahn-approved handling.

And we shared some good times.

I once interviewed Dr. Werner Breitschwerdt, the chief designer of the car, former CEO of Mercedes-Benz, and current inductee in the European Automotive Hall of Fame. After our talk he came out to the parking lot and game me a personal engineering tour of my own car.

▶ Mike Goetz remembers the fun times with his now-departed 1993 Mercedes Benz.

Another highlight was getting stuck on Sauble Beach in Ontario. Some friendly beach volleyball guys, volunteered to pull me out of the sand and water with their 4x4, but only if I personally attached the chain to something structural — they were towing people out all day, and were tired of tearing off bumpers. I basically had to dig myself under the car, to get the chain around a cross member. But it worked. So I got a little muddy (see photo).

At any rate, she's down the road now. I see now that I was just a temporary custodian.

I'll end this column, and my salute to this particular Mercedes-Benz 190, with a line from a Neil Young song.

The line is also the title of the song, an elegy to Young's first car, a 1948 Buick Roadmaster hearse … Long May You Run.

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Ford Explorer steps into green territory

The all-new Ford Explorer is more than just the new fuel economy class leader in the midsize SUV segment.

The reinvented Explorer, which arrives later this year, also sets a new benchmark for sustainability in the SUV segment due to an increased use of renewable and recycled content, such as parts made from steel left over from F-150 production.

The new Explorer also leverages Ford's industry-leading use of bio foam and recycled fabric in its interior. These and other eco-improvements help make Explorer 85 per cent recyclable.

Ford is minimizing waste by making Explorer's noise-dampening fender baffles, which fit between the vehicle's outer shell and its inner structure, from steel left over after stamping the door openings out of F-150 body sides.

The reuse allows Ford to reduce its use of virgin steel by an estimated 119 tons for one year of production. Using less virgin steel also reduces CO2 emissions by approximately 119 tons — about the same amount emitted by a midsize car driving the circumference of the earth 14 times.

▶ The 2011 Ford Explorer is 85 per cent recyclable.

The Explorer interior also incorporates sustainable materials to lessen its environmental impact. Explorer uses 25 per cent recycled fiber in its interior fabrics, including seat upholstery, bolster and carpeting.

The use of recycled fiber instead of virgin fiber results in an estimated 20 per cent reduction in energy consumption, 17 per cent waste elimination and 14 percent reduction in CO2 emissions for the Explorer's seating materials.

The new Explorer is the latest Ford vehicle to feature 40 per cent soy polyurethane foam in seat cushions and seatbacks. Ford remains committed to using the bio-based material in nearly 100 per cent of its North American vehicle lineup by the end of the year.

Soy foam has helped Ford reduce its annual petroleum oil usage by more than 10,500 barrels, and is up to 24 percent more renewable than petroleum-based foam. FROM CARGUIDE

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2010 Ram 3500 Crew Cab Laramie 4x2 shown.

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Wise customers read the fine print: •, *, **, †, ±, § Canada's Hottest Model Event offers apply to retail deliveries of selected new and unused models purchased between July 21, 2010 and August 3, 2010 from participating retailers. Retailer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating retailer for complete details and conditions. •$25,999 Purchase Price applies to 2010 Ram 1500 Quad Cab SXT 4x4 (24A+AGR) only and includes $8,250 Consumer Cash Discount and $500 Dealer Performance Cash. See participating retailer for complete details. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. *Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your retailer for complete details. **Dealer Performance Cash Discounts are offered on 2010 Ram 1500 Quad Cab SXT 4x4 and are manufacturer-to-retailer incentives, which are deducted from the negotiated price before taxes. See your retailer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber, Canada Value Package and SE Plus, Grand Caravan Canada Value Package and Cargo Van, Sprinter and Ram Chassis Cab. Example: 2010 Ram 1500 Quad Cab SXT 4x4 (24A+AGR) with a Purchase Price of $25,999 financed at 0% for 36 months equals monthly payments of $722.19, cost of borrowing of $0 and a total obligation of $25,999. Pricing includes freight ($1,400), air tax, tire levy and OMVIC fee. Pricing excludes licence, insurance, registration, any retailer administration fees, other retailer charges and other applicable fees and taxes. Retailer order/trade may be necessary. Retailers may sell for less. ±Variable Prime Rate financing up to 84 months is offered on approved credit on most new 2010 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments shown are based on 84 month terms. Variable rate shown is based on TD and RBC Prime Rate and fluctuates accordingly. Payments and financing term may increase or decrease with rate fluctuations. RBC offer not open to Quebec residents. TD offer is not open to residents of Newfoundland and Labrador, Yukon, Nunavut and Northwest Territories. Some conditions apply. See participating retailer for complete details. §Based on calendar year to date market share gain. §2010 Dodge Ram 1500 Crew Cab Laramie 4x4 shown has a higher price than the 2010 Ram 1500 Quad Cab SXT 4x4 advertised. See your retailer or go to www.dodge.ca for complete details. °SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. °Jeep is a registered trademark of Chrysler Group LLC.

The RAV4 revolution

Beloved Toyota model popularized the small crossover SUV trend
All-season confidence RAV4 highlight

▶ Good handling and mileage are some of the Toyota RAV4 features liked by owners.

SECOND GEAR

JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

More Canadians than ever are gravitating towards the crossover SUV for its blend of year-round utility, flexibility and driving confidence.

Now occupied by players from around the globe, the small crossover scene was virtually kickstarted back in the nineties by one machine: the Toyota RAV4. Turns out that someone's idea of a compact, efficient and car-like 4x4 turned out to be a very, very good one.

The last-generation RAV4 was available from 2001 to 2005 model years. All models got four cylinder power from either a two-litre, 148-horsepower or 2.4 litre, 161-horsepower unit — and both manual and automatic transmissions were available. All models in this generation got an automatic four-wheel drive system that split engine power between the front and rear wheels for maximum grip on virtually any surface.

The specs

- **MODEL** 2001-05 Toyota RAV4
- **VEHICLE TYPE** Crossover SUV
- **APPROXIMATE USED PRICE RANGE** $6,000 to $16,000

What Owners Like

Most RAV4 owners say they love the ease with which their machines handle manoeuvering and parking duties in day to day life. Good visibility, handling and mileage are also reported. The relatively spacious and flexible interior, all-season confidence and ground clearance are highly-rated, too.

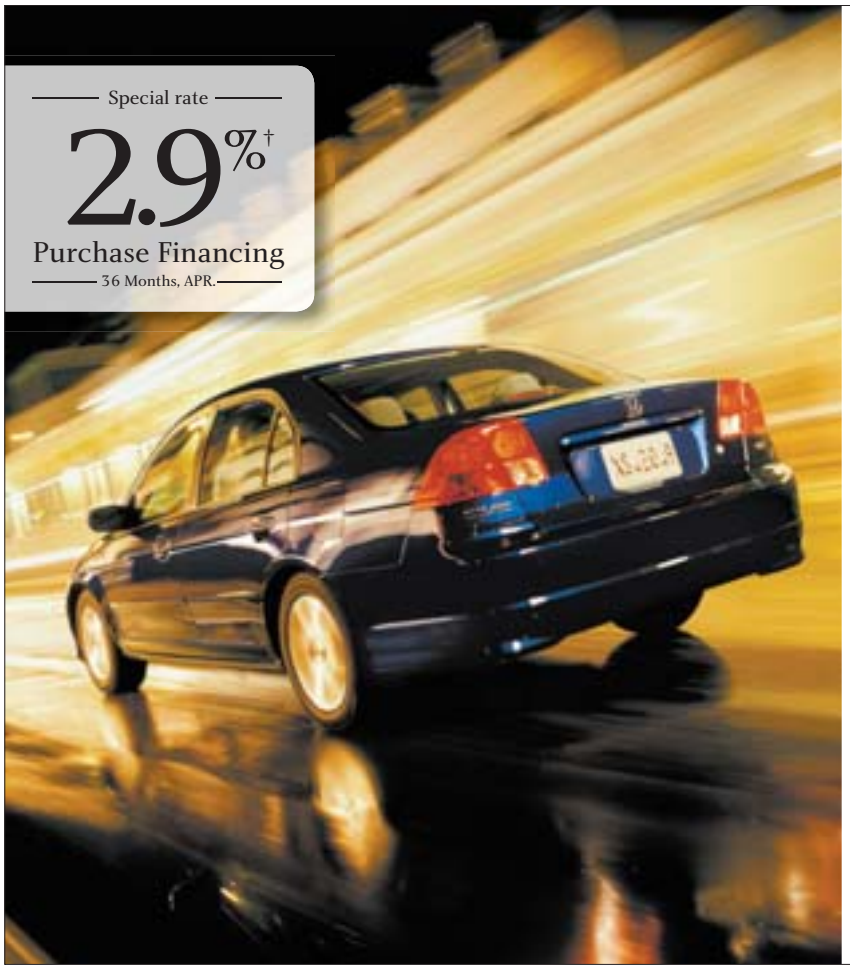
What Owners Hate

Many RAV4 owners wish for more power, often reporting wimpy performance and noisy full-throttle operation. Limited rear-seat space, and a rougher-than-expected ride on some models have also been reported. Some owners aren't fond of the RAV4's sideways-hinged, swing-open tailgate, either.

Common issues

On a test-drive, pay attention to the shift quality of the RAV4's automatic transmission, if so equipped.

If shifts are harsh, clunky, strange or sporadic, chances are a reprogramming of the transmission's computer control module will fix the problem. These issues may cause a check-engine light to illuminate, too.



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†Limited time financing offer on all Honda Certifed Used Civics available through Honda Financial Services, on approved credit. Offer only available up to 36 months on Honda Certified Used Honda Civics (2005–2009 model years). Finance example based on 2005 model: $10,000 at 2.9% per annum equals $290.37 per month for 36 months. Cost of borrowing is $453.42 for a total obligation of $10,453.42. Taxes, license, insurance, registration and fees are not included. See your Honda dealer for full details. Dealer may sell for less. Offer expires August 31, 2010.

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†$2,500.00 price reduction available on new 2010 Civic Sedan and Coupe models (excluding Civic DX Sedans, model FA1E2AEX, FA1F2AEX, FA1E2AE4X); $2,750.00 price reduction available on new 2010 Civic LX Coupe and Sport Sedan models; $1,500.00 price reduction available on new 2010 Civic Si Sedan and Coupe; $3,000.00 price reduction available on new 2010 Accord Sedan and Coupe 4-cylinder models (excluding Accord LX Sedan, model CP2E3AEJ); $2,500.00 price reduction available on new 2010 Accord Sedan and Coupe V6 models; $2,500.00 price reduction available on new 2010 Accord Crosstour models (excluding Accord Crosstour EX-L 4WD Navi, model TF2H5AKN); $3,000.00 price reduction available on new 2010 CR-V models (excluding CR-V LX 2WD, model RE3H3AEY); $4,000.00 price reduction available on new 2010 Insight models; $5,000.00 price reduction available on new 2010 Ridgeline and Pilot models; $6,000.00 price reduction available on new 2010 Odyssey models (excluding Odyssey DX, model RL3H1AE which is available with a $2,000.00 price reduction). Price reduction amounts valid only on cash purchase transactions, and may not be combined with any other offer. Retailer may sell for less. Retailer order / trade may be necessary. Lease example based on new 2010 Civic DX-A MT Sedan, model FA1E2AE4X available through Honda Financial Services on approved credit. 2.4% lease APR for 48 months. Monthly payment (includes freight and PDI, environmental fees and OMVIC fee) is $148.44. Down payment or equivalent trade of $4,950.00, first monthly payment and $0 security deposit due at lease inception. Total lease obligation is $13,779.89. Taxes, license, insurance and lien registration (if applicable) are extra. 96,000 kilometre allowance; charge of $0.12/km for excess kilometres. Retailer may lease for less. Retailer order / trade may be necessary. †Offers valid from August 4th, 2010 through August 31st, 2010, at participating Honda retailers. Offers valid only for Ontario residents at Ontario Honda Dealers locations. Offers subject to change or cancellation without notice. See your Honda retailer for full details.

Putting the brakes on gas

- Mazda's braking technology helps improve fuel economy
- System available in Mazda2

▶ The all-new 2011 Mazda2.

DRIVING FORCE

JIL McINTOSH
DRIVE@METRONEWS.CA

Improvements in vehicle fuel economy seldom make giant strides. Instead, manufacturers use numerous technologies that, individually, make only minor changes in the consumption figures. Add them all together, though, and they can make quite a difference at the gas pump.

That's the idea behind the brakes on the all-new 2011 Mazda2, which save a fractional amount of fuel that then adds up alongside other improvements throughout the car.

Although they don't look any different from those on other vehicles, there is a tiny gap between the Mazda2's brake rotors — the metal discs that sit behind each wheel, and which turn with them when you're driving — and the metallic brake pads that are squeezed against them when you hit the brake pedal, which brings the car to a stop.

"Brake pedal feel is very important to us, so we had to do this without making the brake pedal feel soggy."
MAZDA'S RUBEN ARCHILLA

Normally, the pads always rest lightly against the rotor, which requires energy to overcome the drag.

The new Mazda system eliminates the contact between pad and rotor.

"The basic concept was to reduce the frictional losses that are attributable to the drag between the rotor and the brake pads when you're driving," says Ruben Archilla, group manager of advanced engineering and program promotion for Mazda North American operations.

"On the Mazda2, we were able to reduce the amount of drag from the brakes by about 50 per cent."

Inside innovation

The brake pads are held in a caliper, a metal bracket containing a small piston that squeezes the pads against the rotor. Mazda's engineers revised the shape and structure of the piston seal, so that when the driver takes his foot off the brake pedal, the pads pull away further from the brake rotor. In effect, the pads "float" above the spinning rotor, without touching it.

vw.ca/pure

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Das Auto.

Model shown with optional features. *Limited time financing offer available on approved credit through Volkswagen Finance. 0.9% APR financing pertains to finance terms up to 48 months only on 2005 to 2009 M.Y. certified pre-owned Jetta. Rates start at 2.9% for up to 60 months for other models. Financing example: $15,000 (including $5 OMVIC fee, up to $58 PPSA, and up to $499 dealer administrative charge) financed at 0.9% for 48 months, monthly payment is $318.28, cost of borrowing is $277.24 for a total obligation of $15,277.24. Or $15,000 financed at 2.9% for 60 months, monthly payment is $268.86, cost of borrowing is $1,131.86 for a total obligation of $16,131.86. Dealer may sell for less. Down payment may be required. License, insurance, registration, options and applicable taxes are extra. Offer ends September 30, 2010 and is subject to change or cancellation without notice. **Up to $500 rebate for recent college or university graduates. Certain conditions apply. †2-year/40,000 km (whichever comes first) limited warranty. See dealers for additional details about this warranty. ††2-year, 24-hour roadside assistance provided by Sykes Assistance Services Corporation. ‡IntelliChoice.com, October 2009 review of 32 manufacturer programs. See www.intellichoice.com for additional details, explanation of results and program updates. Based on U.S. Program analysis. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo and "Jetta" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. "CarProof" is a registered trademark of 3823202 Canada Inc. o/a LienQuest.com. © 2010 Volkswagen Canada.

THE LEAN, GREEN PODEMSKI MACHINE

My Drive

HEATHER BUCHAN
DRIVE@METRONEWS.CA

Why the Kia Soul?
We were looking for a car that was affordable, economical and leaning toward a more environmentally friendly automobile that was also a family car (Podemski and her partner have a six-month-old baby) without being too huge. It's very versatile. It's small but it has a lot of room.

Do you have a favourite feature?
There's some cool superficial things that I like. It has this red LED system that lights up with the beat of the music. I love the Bluetooth, love the satellite radio, my partner is 6' 5", so it provides him a lot of space. And I love the way it looks. I love the shape of it. I think it's an eye-catcher.

What type of driver are you?
I think I'm a little bit of both (cautious and aggressive). I have a little bit of that Toronto aggression. But I'm conscientious and I think considerate. I think Toronto needs a lot of help in the driving world. It seems like it's a very inconsiderate roadway here. We all have to work a little bit harder to be a little more considerate of one another.

What do you keep in your glove compartment?
A lot of napkins, gum, sharpie pens, a nail file, a GPS, odds and ends of makeup, anything you might need in a superficial emergency.

Do you have a dream car?
If it came in a hybrid option or some sort of environmentally conscientious make, I'd love to drive a Land Rover. There's something about them, I just think they really look nice. I've never driven one, so I don't actually know if I'd really want one, but as far as dreaming goes …

Meet the driver

- **Who she is**
  Canadian actress and producer Jennifer Podemski who has starred in dozens of TV shows and movies, just finished filming Sarah Polley's latest film Take This Waltz in which she appears alongside Michelle Williams and Seth Rogen. Aside from her acting roles, Podemski also produces the annual National Aboriginal Achievement Awards and just signed a book deal on the experience of Native Canadian actors in the film and TV industry.
- **What she drives**
  A 2010 Kia Soul in denim. It's a shade of blue-green and we love it.

▶ The Dodge Challenger

Muscle madness

NADAguides.com, a U.S. provider of vehicle pricing and information, has noticed the continued popularity of muscle cars in the website's daily list of Top 10 Most Researched Sports Cars and Coupes — with modern muscle cars from Chevrolet, Ford and Dodge dominating the list.

"Demand for modern muscle is on the rise, as seen by the introduction and buzz surrounding the 2010 model year Chevrolet Camaro, Dodge Challenger and Ford Mustang," says, Don Christy, Jr., president of NADAguides.com.

"Buyers like the appeal of their sleek modern-meets-old-school exteriors combined with powerful yet impressively fuel efficient engines."

Christy also noted that the interest in contemporary muscle cars is mirrored by growing popularity of classic muscle.

FROM CARGUIDE

Stay home and go on a road trip

CROSS-COUNTRY. Many Canadians dream of doing a cross-Canada road trip. Now they can "virtually" enjoy this amazing experience from the comfort of their home thanks to Shell, General Motors and Carguide magazine.

Formula Media Group, a division of Metroland West Media Group, has joined with Shell Canada and GM to launch the Carguide Cross-Canada Adventure which will be making its way across the country till Aug. 27.

From the Pacific to the Atlantic, the magazine team will travel from Vancouver, BC to St. John's, NL in a Chevrolet Equinox, fuelled by Shell Nitrogen Enriched Gasoline from the hundreds of Shell stations that dot the route.

During the journey, readers can visit the Carguidecanada.ca website for entertaining daily blogs, photos and informative videos of this journey.

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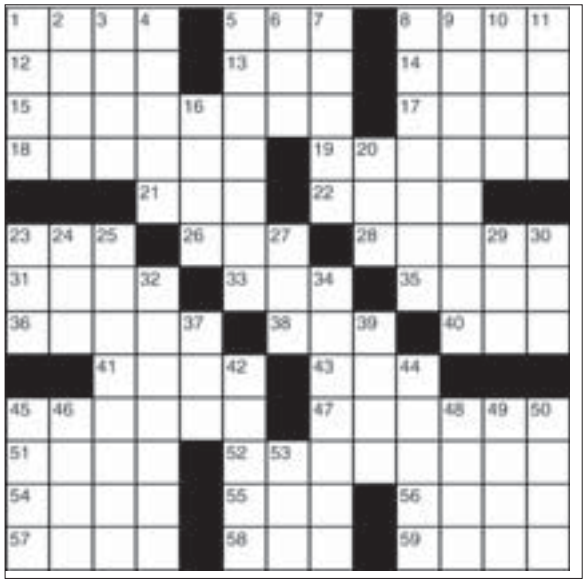
*The price for the 2011 mazda 2 (DE3AB5/AA0DC) is $15,390.00 Plus HST. Licensing, PPSA is extra. Lease and finance on approved credit for qualified customers only. For graduate rebate, conditions apply. Dealer may sell for less. Dealer order maybe necessary. Model may not be exactly as shown. Model shown is 2011 mazda GS (DE5B5A/AA0D) $19,724.00. Offers valid from August 04, 2010 until August 31, 2010. Visit Yorkdale Dufferin Mazda for details.

Crossword



Across

1 Masters activity
5 — Moines
8 Sapporo sashes
12 Actor Sharif
13 "Yecch!"
14 Relinquish
15 Too young
17 Acknowledge
18 Handgun
19 Portabello alternatives
21 Anat. or biol.
22 Twosome
23 — de deux
26 $ dispenser
28 Skill
31 Ignore
33 Sweet potato
35 Malaria symptom
36 Below (Pref.)
38 Burst
40 Work unit
41 Enamored (of)
43 Scot's chapeau
45 Whirl
47 The hot wings were too much for him
51 Fork option
52 Insurance
54 Desire
55 Praise in verse
56 Pickle flavor
57 Existed
58 Football meas.
59 Pastoral work

Down

1 Rise
2 All (Pref.)
3 Young fellows
4 Worries
5 Two-sidedness
6 Early bird?
7 A Stooge
8 Sweet potato
9 Drink
10 "American —"
11 Stitches
16 Cabo da —, Portugal
20 Erstwhile acorn
23 Omega preceder
24 — Arbor, Mich.
25 Right to vote
27 Chart
29 Scoundrel
30 Small barrel
32 Make wider
34 Reasons, in whodunits
37 Pismire
39 Walk the floor
42 Fake duck
44 — Gras
45 Food
46 Bygone times
48 Incursion
49 Unattractive, and then some
50 Find a buyer for
53 Peculiarfame

▶ Yesterday's answer

Sudoku

	9		1		5		2	
			2		4			
8		4				5		1
		1	8		9	7		
9								6
		5	4		7	3		
6		2				4		7
			3		6			
	4		7		1		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	2	7	4	6	1	3	8
8	4	7	3	1	5	6	2	9
1	6	3	9	8	2	4	7	5
6	2	9	4	3	8	7	5	1
4	1	8	5	6	7	2	9	3
7	3	5	1	2	9	8	4	6
3	7	6	2	5	1	9	8	4
2	5	1	8	9	4	3	6	7
9	8	4	6	7	3	5	1	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To Bru! Love you babe! Sorry I can be stupid at times!!!!! <3 **CHRIS**

Bill, on Saturday we will be married 40 years. I love for all the good times, sad times but most of all I love you for our 3 children which in turn have given us 6 beautiful grandchilden. Happy Anniversary. Lots of Love, **YOUR WIFE, MARY**

Vivian, you are my sweet little chinese rose. I am so glad we are together, now and for always. **JRBW**

Babochka, Come seize the day with me ... for each hour is timeless ... and every second matters ... when I'm with you. **LOVE, YOUR UNICORN.**

T, the past 3 years have been one adventure after another and through it all we have been there to lean on each other. Happy Anniversary, **LOVE D.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Why are you so reluctant to commit yourself to a task that could bring you fame and fortune? Is it because you fear you may not be up to the job? If so, don't worry – you're a natural.

♉ Taurus April 21-May 21 You may be ambitious by nature but don't push yourself too hard and burn yourself out. You are advised to save as much energy as you can over the next few days.

♊ Gemini May 22-June 21 What would you do if any path was open to you and you knew you could not fail? Then do it. Your dreams can come true, if you have the courage to aim high and the commitment never to give up.

♋ Cancer June 22-July 22 You need to find an outlet for all that energy that has been building up inside you. Physical activity of some kind is a must today as it will help you work off your frustrations.

♌ Leo July 23-Aug.23 Isn't it about time that you reminded someone close how much they mean to you? Most likely they know already but it never hurts to make sure, so hug them, kiss them and make them feel special.

♍ Virgo Aug. 24- Sept. 22 Your efforts may not seem to be bearing much fruit but don't get discouraged because the planets promise that what you do over the next few days will pay dividends early next week.

♎ Libra Sept. 23-Oct. 23 You may be a nice guy by nature but you also possess an indomitable will: nothing ever defeats you and nothing gets you down for long.

♏ Scorpio Oct. 24-Nov. 22 You have no doubt at all that you are going to reach the top of your chosen career path, but according to the planets you can't do it alone.

♐ Sagittarius Nov. 23-Dec. 21 Some of the best partnerships are formed between people whose outlooks are radically different, and if you bear that thought in mind you are less likely to miss an opportunity to link up with someone special. You'll make a great team.

♑ Capricorn Dec. 22-Jan. 20 What happens over the next 24 hours will make you realize how much more is possible, and how far short of your potential you have been falling.

♒ Aquarius Jan. 21-Feb. 18 What seemed like a good idea yesterday does not seem like a good idea today, and there is no reason why you should not give up on it. It's okay to change your mind.

♓ Pisces Feb. 19-March 20 You are strongly advised not to take risks today, not even if the odds appear to be in your favor. That applies especially to relationships. Stick with what, and who, you know and trust. Why risk everything for just a little extra? SALLY BROMPTON

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Caption contest

WIN!

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Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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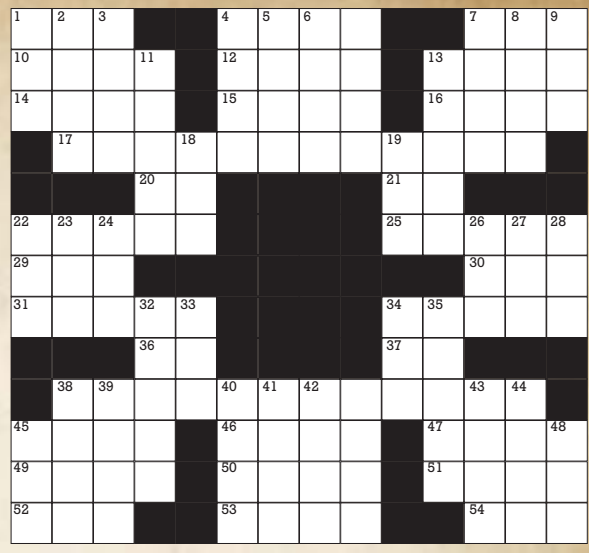
PUZZLES FOR THE METRO WORLD

Sudoku*

						7	5	
					7	9	3	8
				8	3	4		1
			3	9		5	1	7
		9	5					
5	2	3						
7		8	4					
3			2					
2	1	6	8					

Crossword*



Across

1 Consumed
4 Arid
7 Crafty
10 Large party
12 Wide boot width
13 Running footwear
14 Graceful trees
15 How I --- Your Mother
16 Fireplace burners
17 Merge together
20 Apiece (abbr.)
21 One Day -- A Time
22 Gorilla's, for example
25 Impede
29 Curve
30 Sneaky, -- - fox (2 words)
31 Special snack
34 Star of "Psycho"
36 Deal or -- Deal
37 Roker or Pacino
38 Work done on the house or apartment
45 Loughlin of Summerland
46 Lager
47 Tidy
49 Early Ron Howard role
50 Charged particle
51 Work for a living
52 Stinging insect
53 Tennis and volleyball apparatus
54 Participated in a marathon

Down

1 Ripen
2 Baby powder
3 Ticklish muppet
4 Found on a car dealer floor
5 Film spool
6 Abominable snowman
7 Guess
8 Box at the theatre
9 Affirmative
11 He played Mary's boss on Mary Tyler Moore Show
13 Tile
18 You don't ----?
19 Mate for mom
22 The Cat in the ---
23 Airport info.
24 Summer drink cooler
26 Lie on the beach
27 Compass reading (abbr.)
28 The --- Patrol
32 Children's classic, Little Orphan ----
33 As well
34 --- Alai
35 All by yourself
38 Heavy cord
39 A great lake
40 Smug
41 Healing lotion
42 Camping equipment
43 Very close by
44 Gilbert of Roseanne
45 Loft
48 The Nashville Network (abbr.)

*Sudoku and Crossword puzzles are not included in the Professor Layton series of games.

Nintendo

HERE WE HAVE AN 8-QUART PITCHER FILLED WITH JUICE, AN EMPTY 5-QUART PITCHER AND AN EMPTY 3-QUART PITCHER. YOUR TASK IS TO DIVIDE THE 8 QUARTS OF JUICE SO THAT BOTH THE 5-QUART PITCHER AND THE 8-QUART PITCHER ARE HOLDING EXACTLY 4 QUARTS.

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CAR OF THE YEAR§

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"It's definitely 'kool'"
Russ Bond, Toronto Sun

FORTE KOUP SX SHOWN

2010 KIA FORTE KOUP

"IT'S DEFINITELY 'KOOL'"

- HWY: 5.8L/100KM (49 MPG) CITY: 8.3L/100KM (34 MPG)
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- HEATED FRONT SEATS
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